

法，就站在門口看著大家，那種神情悲心切切，令人感動。恆怙師曾經請示上人：「什麼德行是好的出家人應具備的？」上人說：「慈悲。」有一次要回馬來西亞前，有機會請上人給一則偈誦。上人說：「躬行實踐，以身作則。」這是在修行上的座右銘。從此知道要老實修行，多念佛，在道場該做的事情就盡力去做，一心護持。她相信只要認真修行，一定感應道交。

fulfills her responsibilities, she stands as an example of one who is steadfast and devoted.

After she came to CTTB and met the Venerable Master, she finally understood the true nature of kindness and compassion. At the time when she met him, the Venerable Master had just finished giving a Dharma talk in Wonderful Words Hall. He was standing in the doorway and looking at us with a very concerned look which moved everybody. Dharma Master Heng Hu once asked the Venerable Master, "What virtues or conduct should a good monastic have?" The Venerable Master replied, "Kindness and compassion." On another occasion, when she was about to return to Malaysia, she had the opportunity to request a verse from the Venerable Master, who told her, "Be respectful and practice sincerely; be a model with your behavior." This is the motto that guides her in her cultivation. As she understands it this means that she should cultivate honestly, recite the Buddha's name often, try her best in her work at the temple and always single-mindedly protect and uphold the Triple Jewel. She believes that if she cultivates vigorously, she will surely obtain a response.

尊重生命

動物保育農場之旅

立海 / 塞西莉·阿里納斯
講於萬佛城大殿
薛麗梅 中譯

Talk given by Liam Arenas-Field and Cecily Arenas
in the Buddha Hall at the City of Ten Thousand Buddhas
Translated into Chinese by Echo Hsueh

Reverence for Life: Visiting the Farm Sanctuary



◎ Liam

I go to Instilling Goodness Boys' School. I am in second grade and eight years old. I think we should have a field trip to the Farm Sanctuary because it will educate people about what happens to the animals when they make meat. Also it will show people how nice animals are and why we should not kill them. And it will show people how playful animals are. One thing is that they do no harm to us, so why should we harm them? And I think that people should watch the Farm Sanctuary movie because it tells the story of a chicken, a cow, and a pig. Many people think people are good but that is not true. We pollute, kill, and we are big fat bullies to wildlife.

I have been a vegan my

◎立海

我就讀於育良小學男校二年級，今年八歲。我覺得我們應該去參觀動物保育農場，因為農場可以教導人們——當人們製造肉食的時候，發生在動物身上的情況。也會讓人們了解到這些動物多麼溫和，為什麼我們不應該殺害牠們，這些動物多好玩、調皮。其中最重要的是，既然牠們不會傷害我們，我們為什麼要傷害牠們呢？而且應該看動物保育農場的影片，因為它介紹一隻雞、牛跟一隻豬的故事。很多人覺得人類是善良的，但是那卻不是真的。我們污染環境、殺生，而且我們是殘害野生動物的大惡霸。

我從小就是純素食主義者，不吃蛋或乳製品。學

whole life. A vegan is a vegetarian that does not eat eggs or dairy. The school sometimes tries to serve me milk but I say, "No!" for two reasons: I can't because I am a vegan, and it is stealing from cows.

I think that if people don't accept honey because it is stealing from bees, then why do people accept milk if it is stealing from cows? I've read that milk has very little iron, and I know that it has no fiber. Also, if you have ever seen the food pyramid, it includes meat and dairy. You can live a long healthy life without eating meat or drinking milk. Meat and dairy are on the food pyramid as an advertisement for the dairy and meat industries. Even though I am a vegan, I can still eat lots of yummy foods like pizza, ice cream, chocolate cake, and candy. You can replace non-vegan ingredients and make them vegan. In Asia, many more people don't eat meat or dairy, and my mom calculated that they are a lot healthier than Americans.

◎ Cecily Arenas

I am Liam's mom (and Luna and Byron's) and a Family Nurse Practitioner. I have been a vegan for 17 years and an ovo-lacto vegetarian two years before that. James, Liam's dad, has been vegan for 20 years. Our children, Luna and Liam, who are both students here, have been lifelong vegans. They are healthy, athletic, and highly intelligent. In fact, Liam here is going straight to 4th grade from 2nd! And Luna is in the top reading level in her class. My oldest son, Byron, who is 18 and away at college, is an omnivore but vegan friendly.

I recently completed a certification in the Plant Based Nutrition course through Cornell University based on T. Colin Campbell's book, *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health*. The findings from the China Study conclusively demonstrate the direct link between animal-based nutrition, especially dairy, and heart disease, diabetes, and cancer. This study examined more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan.

Among myriad of findings strongly encouraging a plant-based diet for health, Dr. Campbell found that animal protein (he used dairy casein) promoted cancerous tumor growth while plant proteins delayed and even reversed tumor growth. He also found direct relationships

校有時候會給我牛奶，但我都說「不吃。」有兩個理由——我是純素食主義者，而且它是從牛那兒偷來的。

我覺得假如人們不吃蜂蜜，因為那是從蜜蜂那兒偷來的，那為什麼我們要喝從牛那兒偷來的牛奶呢？我從所讀過的資料知道——牛奶含的鐵質很少，也沒有纖維質。如果你看過食物金字塔，那包括肉和乳製品。不吃肉、不喝牛奶，你可以活得更長、更健康。肉和乳製品之所以在食物金字塔上，只不過是為乳製品業及肉食品業作廣告罷了。雖然我是純素食主義者，我還是可以吃很多好吃的食物，譬如義大利餅、冰淇淋、巧克力素糕、糖果等等。你可以用其他的食材來取代，做出純素的食物。在亞洲，愈來愈多的人不吃肉和乳製品。我媽媽也統計出來，他們遠比美國人健康。

◎塞西莉·阿里納斯

我是立海的母親（另外兩個小孩叫Luna及Byron），是一個家庭護士。我已經是個純素食主義者十七年了，在那之前的兩年，是蛋奶素食主義者。而立海的父親——James是純素食主義者二十年了。我們的小孩Luna跟立海都是這裡的學生，而且他們從出生到現在，都是純素食主義者。他們很健康、喜好運動，而且很聰明。實際上，你們所看到的立海將直接從二年級跳升到四年級！而Luna在她們班上，有高級閱讀水平。我的大兒子Byron什麼都吃，但也不反對純素食，現在離家就讀大學。

我最近剛從康乃爾大學根據科林·康貝爾的著作——*中國的研究：最全面性的營養研究及飲食、減肥和長期健康之間的驚人含意*——所舉辦，以植物為主的營養課程拿到證書。中國的研究中的例證說明了動物為主的營養，特別是乳製品，跟心臟病、糖尿病及癌症之間的直接關聯。這項研究在中國和台灣二千五百多個縣市，針對六千五百個成人，測試了三百五十種的健康和營養問卷。

其中種種的發現，都鼓勵人們為健康食用植物性的飲食；康貝爾博士發現——動物性蛋白質（他用酪蛋白）會刺激癌腫瘤的生長，而植物性蛋白質反而會延緩、甚或縮小腫瘤。他也發現動物性食品，包括乳製品，跟心臟病、糖尿病、高血壓及肥



between animal products, dairy too, being linked to heart disease, diabetes, hypertension, and obesity, all of which are preventable diseases and all of which are impacting America at an alarming rate. He found that those societies that consume less animal products had significantly less if any of these diseases.

How does this affect children? Right now one out of three children is overweight or obese. In Ohio, 21% of children are obese. The number of overweight children has tripled from 1980 to 2002. This means children are experiencing diseases that in the not so distant past only adults had later in life. Who do you think of when you hear that someone's cholesterol is too high? Or they have high blood pressure? I think of adults. However, more and more children have elevated cholesterol levels and high blood pressure, which of course lead to heart attack and stroke. More children than ever are developing Type II (NOT the juvenile onset) diabetes – again, previously an adult disease. Because of childhood obesity and their associated diseases, this will be the first generation that will live shorter lives than the previous.

Cow's milk is high in fat, even the 1% and 2% milk have 24% to 33% fat. That means if we were to separate a cup of milk into fat and the rest, 1/3 of that glass would be fat. Cheese has 70% fat. We only need 10% of our calories from fat. Cow's milk has sugar: 13 grams of sugar in 1 cup of 1% milk. That's a little more than 3 teaspoons of table sugar which is not needed, ever. Milk has cholesterol, which we simply do not need. And we know from Dr. Campbell's and many others' work that milk protein promotes cancer growth and all kinds of diseases. So we are feeding our children milk and cheese with the idea that it's good for them when in fact it is not.

The good news is that there are people working on school lunch programs and children's nutrition everywhere. We, here are pretty fortunate to have plant-based lunches full of vegetables from the garden. I take pride in the fact that my children eat veggies every day at school.

One nutritionist organized a program in an inner city juvenile detention center where the children adopted a completely plant-based diet for 3 weeks. What she found was startling. These children had immediate positive results. Their cholesterol levels dropped, their behavior improved, and the children themselves reported feeling great. This was only after three weeks. Imagine the impact of a plant-based diet on these ill children for more than three weeks! Imagine for a lifetime!

Dairy (and eggs) hide in places...

Like muffins, cookies, pastries, cakes, macaroni and cheese, butter and so much more. While I don't advocate eating these foods for health reasons, it is important to know that unless these foods are specifically labeled as vegan, they are not. They contain milk and eggs.

胖症的直接關聯。那些都是可預防的疾病，而那些疾病也正以驚人的速度衝擊著美國。他發現那些食用較少動物性食品的社區，縱然有那些疾病，也顯著地少很多。

這些對兒童有什麼影響呢？目前有三分之一的兒童過重或肥胖。在俄亥俄州，百分之二十一的兒童過度肥胖。過重的兒童從1980年到2002年增長三倍，這意味著兒童正在經歷著——不久的過去，只有成年人才會染患的疾病。當你聽到有人膽固醇太高的時候，你會想到什麼人呢？或者是高血壓呢？我想到的是成年人。但是，越來越多的兒童有高膽固醇和高血壓，而這些會導致心臟病跟中風。越來越多的兒童染患第二型的糖尿病（不是青少年型的徵候）；又一種在過去是成人的疾病。由於兒童期的肥胖症跟他們的相關疾病，這將會是比他們的上一代活得更短的第一代。

牛奶的脂肪很高，連百分之一或二的牛奶所含的脂肪都高達百分之廿四到三十三。也就是說，如果我們要把一杯牛奶區分出脂肪及其他成分，其中的三分之一會是脂肪。乳酪含有百分之七十的脂肪。我們身體所需要的熱量只需要百分之十的脂肪熱量。牛奶含有糖分；在一杯百分之一的牛奶裡含有十三公克的糖分，那相當於三茶匙的蔗糖，而且是我們根本不需要的。牛奶含有膽固醇，而實際上是我們不需要的。從康貝爾博士及其他人的研究中得知——牛奶的蛋白質會加速癌細胞及各種疾病的增長。所以我們給我們的小孩喝牛奶、吃乳酪，因為我們以為那對小孩有益，但實際上卻不然。

好消息是到處都有人規劃學校的營養午餐、注意學童的營養。在這裡，我們特別的幸運，因為我們有植物為主的午餐，而且常常吃到菜園自己種的蔬菜。我感到引以為榮的是——我的小孩每天在學校都吃蔬菜。

有一個營養學家在一個內陸城市的青少年管制中心，推行一個植物飲食的計劃三個星期。她的發現令人驚異，這些小孩有立即的正面反應；他們的膽固醇降低了、行為改善了；這些小孩也自己說他們感覺很好。而這僅僅只是三個星期的時間。想像三個星期以上的植物飲食，對這些不健全的小孩會有什麼樣的影響？想像一輩子會有什麼影響？

酪製品（及蛋）到處隱藏……

在美國，鬆餅、餅乾、糕點、乳酪通心粉、奶油及其他種種食品。基於健康的理由，我不會鼓吹大家吃這一類的食品，要知道——除非特別標示出它們是純素食，否則不是——這是很重要的。它們都含有牛奶和蛋。

How do we live it?

In addition to choosing our foods wisely and talking about reverence for life, the nutritional value and ecological impact of our foods, we like to do special things. One of the most special activities we do as a family is to attend the Farm Sanctuary's celebration for the turkeys at its annual Thanksgiving celebration.

The Farm Sanctuary rescues downed farm animals that are left for dead. They rehabilitate them and allow them to live the rest of their lives out on the farm in peace. They have cows, turkeys, chickens, pigs, ducks, rabbits, goats, and sheep. They have two farms, one in Orland, California, near Chico and the other in Watkins Glen, New York. We have been fortunate enough to visit both shelters. People can visit year round for tours and volunteer opportunities. Camping is available too.

We have been going to the turkey celebration since my oldest son Byron, now 18, was four. Luna and Liam have gone almost every year of their lives. That is our Thanksgiving. We have seen the California shelter grow as our children have.

We arrive in the morning and have a tour of the shelter. We get to meet the animals and hear some of their stories. Some of the animals we know from previous years, and we also see some new faces. We tend to see the cows first. They are incredible. Some of them are larger than life yet the gentlest of beings, allowing us to pet them. We then go see the pigs. I love them. They are giant and very clean, often taking a rest in the sun. Then, onto the goats. These goats and sheep have great personalities. One year James looked down to find a sweet little goat chewing on his shirt, who then followed him around. The first year we went in 1995, there was a goat that roamed the whole farm. He was their "host" – a very friendly one that would hop on the hayride with us. He is no longer with us. Did you know that turkeys can show affection? I was amazed when one turkey hugged me. I was feeding her, and she wrapped her neck around mine and nudged her body close hugging. I put my arms around her and it was a perfect hug. When we arrive at the turkey barn, there is a big feast consisting of vegan pumpkin puree, cranberries, lettuce and other foods. The children and adults can take a pan and squat down to wait for a turkey. The turkeys gobble up the foods from us. It is pretty amazing.

After the turkey celebration, we go back to the People Barn gathering space and store where there is vegan lunch and a speaker. Sometimes we stay for that; other years we don't. This year the children decided to adopt a turkey where they receive a bio on one of the resident turkeys in exchange for a donation to help care for that turkey.

What we love about Farm Sanctuary is it teaches our children (and us!) reverence for life and the utmost compassion. We connect with the animals. They are our friends. We see that these are friends that deserve to live a peaceful life, not one where they are raised for meat or milk.

我們怎麼樣在生活上實行呢？

除了明智地選擇食物，討論對生命的尊重、食物的營養價值和對生態的影響之外，我們還喜歡做一些特別的事情；其中最特別的全家活動是——參加動物保育農場一年一度為火雞舉辦的感恩節慶祝活動。

動物保育農場解救了被棄置、等待死亡的農場動物，他們照料這些動物，讓牠們在農場裡安養餘年。其中有牛、火雞、雞、豬、鴨、兔子、山羊和綿羊等。他們有兩個農場，一個在加州，靠近芝哥的奧蘭，一個在紐約州的 Watkins Glen。我們很幸運地能夠參觀這兩個庇護所，人們可以在一年四季去參觀或者去當義工，也可以去那裡露營。

我們在大兒子 Byron 四歲的時候，就開始去參加火雞的慶祝活動，現在他已經十八歲了。Luna 和立海幾乎從小每年都去；那是我們的感恩節，我們看著加州的庇護所跟我們的孩子一起成長。

我們在早晨抵達，然後參觀這個保育區；我們可以跟這些動物會面，聽有關牠們的故事。有些是我們以前見過的，也有些新面孔。我們通常先看到牛群，牠們很不可思議，有些比真的還大，卻比其他的生物還溫和，還讓我們像寵物般地撫摸牠們。然後我們去看豬，我很喜歡牠們；牠們很龐大、很乾淨，常常在日光下休息。接著是山羊；這些山羊和綿羊有很好的個性。有一年，James 往下看到一隻可愛的小山羊咬著他的襯衫，然後跟著他到處走。我們在1995年第一次去的時候，有一隻山羊在整個農場到處漫遊，好像友善的主人，也會跳上稻草車跟我們一起出遊；牠已經不在了。你知道火雞也會表達情感嗎？我很驚訝有隻火雞抱我。本來我在餵牠，牠把脖子靠在我的脖子上，輕推牠的身體，好像擁抱一樣。我把手環繞著牠，就真的像是擁抱了。當我們到了火雞穀倉的時候，有純素的南瓜泥、小紅莓、生菜跟其他的食物大餐。小孩跟大人可以拿一個盤子蹲下來等火雞；火雞從我們那裡狼吞虎嚥地吃，真得叫人驚奇！

在火雞慶祝會後，我們回到人們聚會的穀倉和商店，那裡有純素午餐，也有一個演說者。有時候我們會留下來加入，有些年我們沒有參加。今年，孩子們決定領養一隻火雞，在我們捐錢來照養一隻火雞的同時，我們拿到其中一隻火雞的資料。

我們之所以喜歡動物保育農場的原因是——它教導我們的孩子（還有我們）對生命的尊重最崇高的悲愍心。我們跟動物有了交流，牠們是我們的的朋友，我們看待牠們——是值得擁有平和生活的朋友，而不是被養來提供肉食或牛奶的動物。

