

# 潛移默化

## Subtly Influencing, Quietly Transforming

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English translation by Michael Lu



在這邊跟大家分享我吃素的因緣。我要感謝師父上人，還有感謝我公公（果觀居士）。我先認識我先生張玲豪（果觀的長子）的同學，這位同學說：「我們大學所有的聚會都去張玲豪家辦，因為他們的菜非常好吃，一有機會都想去他們家吃飯。如果有機會的話，妳可以去他們家看看。」

我那時候對吃素沒有概念。有一次剛好跟玲豪連絡，就問他：「聽說你吃素，那我們要約在哪裡吃？」他回答：「隨便。」於是我就約他在頂呱呱見面，因為那裡有賣炸雞什麼的，很方便。結果玲豪說他肚子怪怪的不要吃，只喝了一杯柳丁汁。我想，一個人吃多怪？就說：「不然等你的肚子好了，我們看要去什麼地方吃。有沒有那家店你覺得好吃？」結果他回答：「只有我家的菜好吃。」我說：「第一次跟你碰面就到你家吃飯，會不會不好意思？」玲豪就說：「不會，我們家天天都有很多的客人。」於是

I would like to share with everyone how I became a vegetarian. I must thank the Venerable Master as well as my father-in-law (layperson Guo Guan). I first met a classmate of my current husband Linghao Zhang (eldest son of Guo Guan), who told me, "All the college gatherings we have are held at the home of Linghao Zhang, because his parents make the best dishes. Whenever the opportunity arises, we want to have a meal at their place. If you have a chance, you should also pay a visit."

At the time, I had no idea what vegetarianism was. Once, I contacted Linghao and asked him, "I heard that you are vegetarian; where would you like to eat?" He replied, "Anywhere is fine." Therefore, I told him to meet me at TKK Fried Chicken, because it sold fried chicken and other fast food and was convenient. But once we were there, Linghao claimed to be feeling uncomfortable and refused to eat anything. He only drank a glass of

就到他家去了。

玲豪並沒有特別通知我公公，可是一到他家，看到菜很豐富，我就很開心。我公公很習慣孩子每天都帶同學回家吃飯，所以準備很多菜。那些菜都沒有肉，可是我都感覺不出來。我胃口非常好，我公公看我吃，就問我：「好吃嗎？」我說：「好吃得不得了！」公公問我：「妳真的愛吃嗎？」我說：「我好愛吃這些菜。」結果他說：「妳明天也可以來吃。」所以後來連續一個月，我天天都去他們家吃飯。

因為都沒有回家吃飯，有一天我媽就問我：「妳這麼忙啊？」我回答：「對啊，連吃飯都很忙。」因為我怕太晚去不好意思。結果我媽說：「妳要不要這個星期天回家吃飯？我煮些好吃的。」我就答應了她。那天媽媽煮了一桌好菜，沒想到一進家門，我就覺得好像有什麼東西壞掉了。

一看，糟糕，怎麼是最愛的蝦子！我就跟我媽說：「媽，怎麼搞的，這些東西怎麼這麼臭？！」我媽說：「哪裡臭？是妳有問題！」就問我最近認識了誰？我回答認識了一個朋友，我媽說：「他可能給妳吃了什麼東西，要小心！」我說：「沒有，我只知道他們家吃的東西叫素食。」我媽說素食就是沒有肉，我很訝異自己沒有吃肉，我都不知道。所以那天就跟我爸媽說，我可能沒有辦法在家吃了。就這樣，我開始吃素，也才知道原來吃素並不是一件很困難的事情。

我公司的員工也很好奇問我，為什麼每天十一點半就準備走了，那麼忙啊？我說因為要去吃飯。員工問：「是什麼飯局？」我說：「沒有啦，是很簡單的家常便菜，但是超好吃的。」員工就問可以跟我去吃一次嗎？我打電話問我公公，他說：「好，統統來！」

其中有一位業務非常年輕，不到三十歲，他跟我一起去吃了大概快三個月的飯。他中午去吃，晚上也去吃。有一次快到過年，他跟我說難得回澎湖，可不可以休假十天？我答應了他。結果他搭飛機返鄉，剛到機場就覺得臭得不得了，根本沒有辦法走回家，整個故鄉都是魚腥味。

orange juice. I thought that it would be awkward to be the only one eating, so I said, "Let's wait until your stomach gets better and we can find another place. Where do you like to eat?" He responded, "Only the food at my house tastes good." I said, "Wouldn't it be quite embarrassing to eat at your house the first time we meet?" Linghao said, "Of course not! We have many guests come over every day." So I went to his home.

Linghao did not notify his father beforehand that I was coming, but upon arriving and seeing the variety of dishes, I was delighted. Linghao's father had become accustomed to having his son's classmates over for meals, so he always prepared many dishes. The dishes were all vegetarian, but they were so good that I couldn't tell. Seeing my voracious appetite, Linghao's father asked me, "Is the food tasty?" I replied, "Absolutely delicious!" He asked, "You really like the food?" I said, "The food is amazing." He then said, "You can come again tomorrow to eat more." In this way, I ended up going to their place to eat every day for a month.

Because I did not go back home to eat during this time, one day my mother asked me, “Are you really that busy?” I answered, “Yes, even busy with having meals.” This was because I was afraid of arriving too late for meals at Linghao’s place. My mother then said, “Why don’t you come back home to eat this Sunday? I will cook a lot of good food for you.” I agreed. That day, my mom made an entire table of delicious dishes, but I smelled something rotten as soon as I walked in the door.

I saw the dishes and thought, “Oh no! It’s my favorite shrimp that’s gone bad!” I said to my mother, “Mom! What did you do? Why is it so smelly in here?” She retorted, “What’s smelly? I think it’s your problem.” She then asked who I had met recently. When I told her that I had made a new friend, she said, “He must have fed you something fishy. You must be careful!” I explained, “No, I just know that their entire family is vegetarian.” When my mom told me that vegetarians don’t eat meat, I was very surprised that I had been unaware of not eating meat. That day, I told my parents that I might not be able to eat at home anymore. From then on, I became vegetarian, realizing that being vegetarian wasn’t as hard as I had thought.

The employees at my company were also curious and asked me why I left every day at 11:30 and whether I was really that busy. I said that I needed to eat with someone. They asked, “What kind of person are you meeting?” I replied, “No, I’m just eating with a friend at home, but the food is delicious.” They then asked whether they could come along and try the food. I called Linghao’s father to ask, and he said, “Yes, let them all come!”

One employee was very young and not even thirty. We went to eat at Linghao's place for almost three months. He went for lunch and for dinner. One time, as it was approaching the Lunar New Year, he told me, "It's quite difficult to go back to Penghu. Can I take ten days of

人人若能戒殺放生，  
不吃一切肉類，  
則人的暴力思想，  
就會消除。

——宣化上人



If all people could liberate creatures instead of killing them, and stop eating every kind of meat, then their violent thoughts would subside.

—Venerable Master Hua

好不容易回到家，整個人簡直就快暈倒了。他跟他媽媽說：「怎麼搞的？我覺得家裡待不了了。」他媽媽就問：「你是怎麼了？這整桌都是你愛吃的菜。」他說：「可是我覺得很臭沒辦法吃。很抱歉，我回來看看你們，現在得要走了。」當天就買了機票飛回臺灣。

回來之後第一件事情就打電話問我：「老闆，妳到底給我吃了什麼？

我沒辦法吃我家

的東西了，我連我家都覺得臭。」後來我才跟他說：「我聽說是素食。」他問我：「那我以後人生怎麼辦？」我說：「以後你要吃飯，就找招牌有寫『素食』的店才可以進去。」

玲豪當初沒有特別跟我講，我完全不知道自己沒有吃肉；我公公也沒有刻意勸我學佛，他就是一直煮很多不同的齋菜給我吃，我覺得超美味的。所以煮出好吃的素食，一直是我需要努力的地方。

我是家中獨生女，自己覺得非常愛錢，常常想著要做什麼工作來賺錢。而讓我決定放棄開公司和做生意，是因為遇到上人。當時上人帶領弘法團到臺灣弘法，只要有時間，我就開車跟著四處做義工。因為只會開車和看櫃檯，他們要我做什麼，我就做什麼。

令我印象最深刻的是，當時上人借用別人的道場弘法，法會結束後很多人供養上人，但是上人一毛錢都沒有拿，全部留下來給那個道場。遇到一個這麼不愛錢的人，潛移默化之中，就把我這麼愛錢的毛病給戒掉了，從此開始做義工，不再做生意賺錢了，過一個不一樣的人生。❀

vacation?” I granted him the vacation. But as soon as he got off the plane, he felt that the airport was smelly and could barely make it back home. The hometown smelled all like fish.

After finally making it back, he felt that he was going to faint. He told his mother, “Why do I feel like I can’t stay in this house any longer?” His mother asked, “What’s wrong with you? All the dishes on the table are your favorite.” He said, “It’s so smelly that I can’t eat them. I’m very sorry, but I have come back and seen you already, so I need to be on my way.” He bought a return flight and returned to Taiwan that same day.

The first thing he did after he returned was give me a call: “Boss, what did you make me eat? I can’t eat the food at my home anymore, because it smells so bad.” I later told him, “I think the food was vegetarian.” He asked, “What should I do for the rest of my life regarding food?” I said, “In the future, you can only eat at places that advertise themselves as serving vegetarian food.”

Linghao did not tell me in the beginning, yet I was completely clueless that I had stopped eating meat. My father-in-law also did not try to persuade me to be Buddhist, instead cooking all different kinds of vegetarian dishes, which I found to be delicious. Therefore, I have always strived to be able to make good vegetarian food.

I am an only child, and I feel that I really love money, since I am always thinking of ways to make more money. But what made me renounce entrepreneurship and business was encountering the Venerable Master. At the time, the Master brought a delegation to Taiwan and traveled all over to propagate the Dharma. Whenever I had any free time, I would follow them in my car and do volunteer work. I only knew how to drive and how to do reception service, and I did whatever they told me to do.

The deepest impression I had of the Master was on one occasion when the Master had borrowed another organization’s monastery to propagate Dharma. After the Dharma Assembly had concluded, many people made offerings to the Master. The Master did not take even a penny for himself, giving it all to that monastery. Seeing someone who was so detached from money, through such subtle influence and quiet transformation, I was able to rid myself of the bad habit of loving money. I began doing volunteer work and never went back into business again, starting a new chapter in my life. ❀