



PreetiRang Sanctuary—A Safe Haven for Rescued Livestock 普麗蒂朗保護區——動物農場和我們

A talk given by Madhulika Singh at the City of Ten Thousand Buddhas on November 30, 2018
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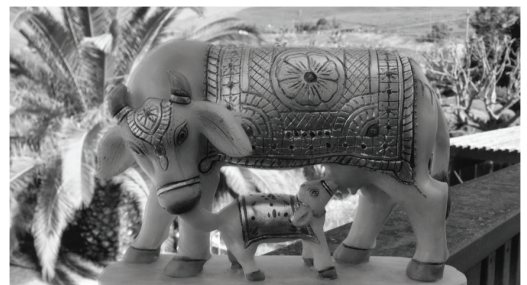
We are One
By Lynda Bell

The name of our sanctuary is PreetiRang Sanctuary, which is a combination of my parents' names, and our logo is a symbol of a cow nursing her calf. The purpose of our logo is to highlight the most sacred relationship between a mother and child that gets sadly destroyed several million times a day when we consume animal products such as meat and dairy, which our bodies do not actually need. This is a constant reminder that we should be kinder and more compassionate toward animals and not take away what is theirs.

Perhaps many of us think that since we are vegetarians we are not hurting or killing animals; however, when we consume dairy, we are contributing to the worst cruelty in the factory farm industry. A cow will not produce milk unless she gives birth. Hence, year after year the cow is forcefully impregnated but only to helplessly witness her baby being taken away

我們動物保護區——普麗蒂朗，是我父母名字的組合；保護區的標誌，是一頭小牛正在照顧它的母親，象徵母子之間最神聖的關係。然而這個神聖的關係，卻每天遭到數百萬次的破壞，為了提供人類非必需的乳製品以及動物產品。因此這個標誌，就是不斷地提醒我們應該對待動物更善良、更慈悲，而不是任意奪走屬於它們的東西。

很多人認為，吃素就不會傷害到動物；然而消費乳製品，正是對農場動物進行最殘酷的行為。因為除非生育小牛，否則母牛不會產乳，因此母牛被迫經年累月地受孕。小牛出生，就被迫立刻與母牛分開；如此一來，母牛分泌的每滴牛奶才能提供給人類消費，為商人帶來利潤。出生後的母牛犢，將與母牛一樣經歷六、七年這樣的奴役生活；每年生下一頭小牛，然後繼



immediately after giving birth. Every drop of milk is then used for human consumption and profitability. The baby female calf goes through the same life of slavery for six to seven years, each year producing a calf and lactating. When her milk production declines, she is sent to the slaughterhouse.

The lifespan of male calves can range from two weeks to only a few months and are considered useless because they cannot give birth or produce milk. Instead, they are kept in veal crates where they remain mobilized to be used for veal or leather. They are not allowed to move so their meat can be soft, and are fed iron-deficient food so that their skin remains light-toned for dyeing into rich colours. Because they go through stages of suffering and torment within such a short lifespan, drinking dairy and consuming eggs actually hurt the animals much more than killing it outright.

I am actually not very scholarly or learned in the field of religion and spirituality. My dharma is Sanātana Dharma. I will try to simply sum up this dharma based on whatever knowledge I have gathered from different teachers and scriptures. I have tried to express Hinduism in one to five words.

In one word it means, **Sohum**, which translates as “**that I am**,” meaning I am the reality of this world and this is the truth.

In two words, it's **Aham Brahmasmi**, meaning “**I am brahman, I am divine**,” or **Vasudhaiva Kutumbakam**, “**all creation of Vasu Deva is as one family**.” This is the teaching my husband and I are trying to implement in our lives.

In three words, it is **Tat Tvam Asi**, meaning “**that thou art**.” Whatever is that reality, the truth is you. In one word [Sohum] we say, “That I am.” In three words we say, “That thou art,” meaning that you and I have same forms of the truth, the same reality. In reality, you and I are one.

In four words we would say: **Lokah Samastah Sukhino Bhavantu**, meaning “**may everybody be blissful**,” because it's not possible for one part of the world to be happy and for the other part to be unhappy and still survive. We are here together; we will swim together or sink together. One recent example of this was a recent fire outbreak; despite being hundreds of miles away, the smoke affected our local residents for days. The problem of fire disaster is due to climate change and global warming or freezing, which is not a local problem—it is a global problem. When there's fire destruction or natural disasters in one part of the world, the other part of the world is also not really safe.

續分泌牛奶。當產奶量逐漸下降，最終的命運就是被送往屠宰場。

公牛犢的命運更為悲慘。既不能懷孕，也不會產奶，因此牠們被認為是沒用的生命，平均壽命為兩週到兩個月。這段期間牠們住在僅能容身的小箱子裡，寸步難移。由於牛肉或皮革是牠們唯一的用途，因此無法行走使牠們的肉質變軟，而缺鐵的食物則能使牠們膚色變淺，這樣就方便人類使用染料製造各種顏色的皮革。每一頭牛都難逃這樣悲慘的一生，這也是為什麼人類喝牛奶或吃雞蛋，帶給牠們比屠宰更多的痛苦。

事實上，我對宗教和靈性了解並不多，我修行的是印度教「永恆之法」。根據從不同導師以及經典上所學，我試著總結我所認識的印度教，並分別用一到五個字詮釋其內涵。

首先是「Sohum」這一個字，字面意思是「我是」，我與世界的本體同在，這是真實的自我。

再來是「Aham Brahmasmi」這兩個字，意思是「我即梵，我有神性」；或者另外兩個字「Vasudhaiva Kutumbakam」，意思是「宇宙萬有是一家」，這正是我和我丈夫希望在生活中實踐的。

第三個內涵是「Tat Tvam Asi」這三個字，意思是「你是」，真實的你與實相同在。前面一個字的Sohum「我是」，和這裡的Tat Tvam Asi「你是」，說明就真實理體而言，你我是相同形式，無二無別。事實上，你我就是一體的。

第四個內涵「Lokah Samastah Sukhino Bhavantu」，意思是「願一切眾生幸福快樂」。因為如果只有一部分人快樂，而另一部分人非常痛苦，這樣的世界是不可能維持下去的。生活在這個地球，大家是唇齒相依，浮沉與共。最近的一個例子就是幾百英里外的火災，造成這裡連續幾天嚴重的煙霧問題。起因於氣候變遷以及全球暖化、寒化的火災，顯然不再是區域事件，而是波及全球的問題。因此，當地球某處發生火災或是遭到破壞，其他地方也不會安全的。

Finally in five words: **ekam sad vipra bahudha vadanti**, meaning “**truth is one.**” Sages, different teachers, gurus, and swamis express this in different ways but they are saying basically the same thing. These five teachings are also saying the same thing. If we hold on and try to implement any one of them in our life, that itself is Sanātana Dharma.

I just told you a little bit about Sanātana Dharma or Hinduism, but I cannot claim to be a Hindu because I'm still striving to be a Hindu. If I'm divine, you're divine; if there is divinity in everybody, how can we hurt one another? Most other living beings that live in the present moment do not have free will like we do. If a lion is hungry, he will kill and eat a deer until he becomes satisfied. If another deer passes by, the lion will not kill it because he is no longer hungry. He does not have the free will to choose to keep killing the deer [he sees] to freeze or put them in my refrigerator to eat later. That concept is not there; so they live in the moment.

In the case of human beings, we have free will. But the problem is that we want more and more. Even if we have a bank balance of several billion dollars, we are not satisfied. We have the free will to continue to hoard [as humans], but not in the animal kingdom. Of course, there are some animals that will hoard because they have to hibernate so they save nuts for other times. In general, most animals will not do things for themselves that will hurt others. Human beings have the free will to choose and we can choose to be very evil as well.

So I call myself a HIP – a Hindu in Progress. There are also VIP, Vegans in Progress, because many people cannot give up all animal products and switch to a vegan lifestyle in one stroke. When we say vegan, we not only mean consuming animal products, but also refraining from using silk, wool, leather or fur. We do not patronize amusement parks, zoos or circuses where animals are abused. So we minimize violence in our lives.

Question: How many animals are there in the sanctuary?

Answer: We have 54. There are 13 cows (2 are special needs) and 7 goats. The rest are an assortment of hens and roosters.

最後是「ekam sad vipra bahudha vadanti」，這五個字的意思是：「真理只有一個。」聖人以及宗教的導師、古魯上師和修行者，他們詮釋真理的方式雖然不同，但所傳達的真理其實是相同的。即使是這五個內涵，要傳達的也是同一個真理。如果能堅持其一，在生活中努力實踐，這就是「永恆之法」。

簡單介紹了印度教（或稱「永恆之法」），但我不能稱自己為印度教徒，因為我還在努力中。如果我有神性，你也有神性；如果每個眾生都有神性，那麼為什麼我們要互相傷害？除了人類，大多數的生命只活在當下，它們不像人類具有（選擇和行動的）自由意志。譬如獅子如果餓了，牠會獵殺一頭鹿來吃，直到飽腹為止；此時要是另一頭鹿經過，獅子並不會追殺這頭鹿，因為牠已經吃飽了。獅子沒有自由意志，不會選擇繼續殺鹿，然後把多餘的鹿肉冷凍起來，方便日後食用。動物完全沒有這種概念，牠們只活在當下。

就人類而言，我們有自由意志，但是這也讓我們變得想擁有更多。即使有幾十億美元的銀行存款，我們仍然感到不滿足。我們擁有選擇繼續囤積的自由意志，而這在動物界裡是不存在的。當然有些動物會囤積堅果，因為得替自己的冬眠做準備。一般來說，大多數動物是不會無緣無故傷害他人的。人類有選擇的自由意志，我們可以因此選擇變得非常邪惡。

所以我稱自己是「尚在努力中的印度教徒」，另外還有一種是「尚在努力中的素食者」，因為很多人無法立刻放棄所有動物產品，馬上換成素食的生活方式。當我們說「素食主義」，不僅指不消費動物製品，同時也包括不使用絲綢、羊毛、皮革或毛皮。我們也不光顧虐待動物的遊樂場、動物園或馬戲團。總之，就是在生活中將暴力降到最低。

問：現在保護區裡有多少動物？

答：現在有五十四隻動物，有十三頭牛，其中兩頭有特殊需求。還有七隻羊，其它的就是母雞和公雞。

問：人類為什麼不需要乳製品？

答：一般認為，食用牛奶或是乳製品能增加人體的鈣質。但是吃進這些動物食品之後，其實是增加我們體內的酸性質；由於人體有維持鹼性環境的傾

Question: Why don't we need milk?

Answer: We grew up with the belief that we need dairy for calcium and things like that. However, when you consume animal products, they actually create acidity in the body. The body wants to be alkaline. Actually, you'll leach calcium from your bones if you drink milk or eat animal products to keep your body alkaline.

The fact is human beings are the only mammals that drink milk from another animal. Human beings are also the only mammals that [continues to] drink milk beyond infancy. Scientific facts show that a baby needs milk only during infancy and needs its mother's milk. Cow's milk is actually suitable for calves, not humans. The composition of a mother's milk changes with each nursing, depending on what the baby needs. Even when mothers pump milk and they don't have a chance to breast feed immediately, they'll label the bottles and feed the baby in order, because the composition of milk produced at 4 a.m. or 4 p.m. differs. A mother's milk is meant for that mother's baby.

You can search on the web and see scientific facts that countries with the highest dairy consumption have the highest case of osteoporosis and hip fractures. That is a fact, but farmers and rich lobbies influence the government to brainwash us. ❀

向，因此喝牛奶或是吃動物產品，反而是促使鈣質從骨頭裡滲出來，以平衡身體的酸鹼質。

事實上，人類是唯一飲用異種乳汁的動物，也是唯一嬰兒期結束後還繼續飲乳的動物。科學研究也顯示，寶寶只需要在嬰兒期喝奶，而且必須是自己母親的奶；因此牛奶是給小牛喝的，並不適合給人類喝。而取決於寶寶的需求，母乳的成分會隨著每次哺乳而改變。即使是無法立刻餵奶而必須預先泵奶，媽媽也會把泵好的奶汁貼上標籤，然後按泵奶的先後順序拿給寶寶喝，因為早上四點和下午四點的奶汁成分是不同的。因此，母乳是媽媽為自己的寶寶特別準備。

你可以在網路上找到許多科學證明，乳製品消費量最高的國家，骨質疏鬆症和髖部骨折的發病率也最高。這是事情的真相，但是卻被酪農和有錢的遊說團體說服了政府，聯手合力把人民徹底洗腦。❀

Liberating Life Ceremony at PreetiRang Sanctuary

在普麗蒂朗動物保護區舉行放生儀式

The City of Ten Thousand Buddhas (CTTB), City of the Dharma Realm (CDR) and Dharma Realm Buddhist University (DRBU) held a Liberating Life ceremony at PreetiRang Sanctuary, located in Solano County, on Friday, March 15, 2019. The sanctuary, nestled in the beautiful countryside, is a haven for animals who were in danger of painful deaths in the livestock industry, either [for meat or dairy consumption and other usage] because of aging, injury, or abuse.

About 30 people attended the ceremony, including the founders of PreetiRang Sanctuary, eight Bhiksunis, DRBU students, CDR students, and laypeople from CTTB and the Bay Area. Surrounded by warm sunshine, gentle breezes, and beautiful blue skies, everyone eagerly gathered around the barnyard, alongside roosters, hens and goats to sincerely recite the *Great Compassion Mantra*. During this liberating life ceremony, ten hens were set free at the Sanctuary. ❀

萬佛聖城，法界聖城與法界佛教大學於2019年3月15日星期五，在位於索拉諾縣的普麗蒂朗動物保護區，舉行了放生儀式。該保護區是一個為瀕臨死亡的動物而設的避風港，這些都是受盡畜牧業的虐待和傷害，已老化或受傷，不再有可利用價值的動物。

大約三十人參加了儀式，包括普麗蒂朗動物保護區的創始人、八位比丘尼法師、法大學生、法界聖城學生，以及萬佛聖城和灣區的居士。人們沐浴在明媚的陽光、宜人的微風和清澈的藍天下，繞著保護區的動物們，包括公雞、母雞、山羊等，虔誠念誦著〈大悲咒〉。這次放生活動中，十隻母雞重獲自由。❀

The City of Ten Thousand Buddhas is exploring creative ways to practice liberating life, a Buddhist practice that aims to foster compassion for all beings and to make amends for past harm done to other beings.

One innovative way that does not impact the environment, is to liberate animals rescued from factory farms, into an animal sanctuary where they can live out their lives. In a traditional Liberating Life Ceremony, the animal and human participants alike hear and receive Dharma teachings hopefully leading to a better future.

PreetiRang Sanctuary, located 65 miles North East of San Francisco, has 40 acres of pasture and wetlands which are home to their rescued farm animal population. Founded in 2013, it is managed by a husband and wife team of former Silicon Valley professionals who have now devoted their lives to providing a peaceful, anxiety-free home for animals who are conventionally treated only as economic commodities. ❀

萬佛聖城正在探索各種創意放生方式。這在佛教中是一種長養對所有眾生的慈悲心，並彌補過去傷害其他眾生的一種修行。

一種不影響環境的創新方式是將動物從加工農場解救出來，安置在動物庇護所使其自然終老。並在傳統的放生儀式中，動物和法會參與者都會同霑法益，期望迎向更好的未來。

普麗蒂朗動物保護區位於舊金山東北65英里，其佔地40英畝的牧場和濕地是獲救農場動物的家園。普麗蒂朗成立於2013年，為一前矽谷專業人士的夫妻團隊管理。目前，他們致力於為傳統上被視為商品的動物提供一個安寧的家園。 ❀

