

我們人「減衣增福，減食增壽。」對飲食的東西一定不要糟蹋。無論哪一位，都要特別注意。那麼不要糟蹋，東西壞的時候，也不要吃那壞的。吃壞的東西，人身體也受不了。我們每一個人吃東西，都應該吃多少就拿多少，不應該糟蹋所有吃的東西。這世界各國，有很多人沒有飯吃；為什麼呢？就因為他們在往昔糟蹋東西，糟蹋太多了，所以要受饑餓的這種果報。你不相信，等你到沒有飯吃的時候，那時候啊，就後悔遲了。

—摘自宣公上人《華嚴經淺釋》十定品第二十七 • 杜親誠 英譯

As human beings, we should “Reduce clothing to increase blessings; and reduce food to increase longevity.” We definitely should not waste food. Each of you needs to pay special attention to this! Well, if we should not waste food, what do we do if the food is rotten, should we eat it? Of course not, if the food is rotten, we should not eat it, otherwise we might get sick, it is unhealthy. When we eat, we should take the amount based on how much we can eat exactly, so that we will not waste food. Many people in different countries around the world have no food to eat. Why? Because they used to let food spoil. They wasted too much food in the past; therefore, they must suffer the retribution of hunger. If you do not believe this, wait until one day when you are short of food, then you would understand what I have said, and it will be too late to repent!

—An excerpt from Venerable Master Hsuan Hua’s Commentary on Chapter Twenty Seven, “The Ten Samadhis,” of the Avatamsaka Sutra • English translation by Cindy Wang