

Cleanse with Compassion: Natural Cleaners for a Safer and Kinder World

以慈悲心掃除： 更安全、更環保的天然清潔劑

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As followers of the Buddha's teachings, we strive to cultivate compassion and kindness not just towards ourselves, but towards all beings. One way to nurture this compassion is by using natural cleaners. Many commercial cleaners are tested on animals, causing them unnecessary suffering, and may contain harmful chemicals that pollute our water and harm our environment. They can also have a negative impact on our health, such as: respiratory problems, skin and eye irritations, allergies, and weaken the immune system.

作為佛陀教義的追隨者，我們努力培養慈悲與善良，不僅對自己，也對眾生。長養這種慈悲心的一種方式是使用天然清潔劑。許多市售清潔劑在動物身上進行測試，給它們帶來不必要的痛苦，並且可能含有污染水資源和危害環境的有害化學物質。它們還會對我們的健康造成負面影響，例如：呼吸道問題、皮膚和眼睛的刺激、過敏和削弱免疫系統。

Detergents, disinfectants, and health products made from plant-based ingredients, not only help us lessen the suffering of animals but also protects the Earth for future generations. Let us remember that our actions have an impact not only on ourselves but on all beings and the world we share. We can cultivate compassion through mindful choices in our daily lives and extend this compassion to all beings.

Seven of the most toxic cleaners are: air fresheners, fabric softeners and dryer sheets, products with artificial flavors, antibacterial products, drain, oven and toilets cleaners, bleach, and ammonia. You can buy natural cleaners or make your own, but avoid making homemade laundry detergent because it builds up and can damage your washing machine. Look for the hopping rabbit or cruelty-free labels and check out the Compassionate Shopper's Guide. <https://naturewatch.org/compassionate-shopping-guide-16th-edition/>

Five recipes for safe cleansers

All-Purpose Cleaner: Mix equal parts white vinegar and water in a spray bottle. Clean tables, windows, mirrors, and other surfaces in your home.

Stove and Oven Cleaner: Mix 1 cup of baking soda with enough water to make a paste. Spread the paste over stove burner or inside of your oven and let sit for at least 2 hours, or overnight. Scrub with a sponge or brush, then rinse with water.

Drain Cleaner: Pour 1/2 cup of baking soda down the drain, followed by 1/2 cup of white vinegar. Let the mixture fizz for a few minutes, then flush with hot water.

Glass Cleaner: Mix 1/4 cup of rubbing alcohol with 1/4 cup of white vinegar and 1 tablespoon of cornstarch in a spray bottle. Add enough water to fill the bottle, then shake well before using.

Furniture Polish: Mix 1/4 cup of olive oil with 1/4 cup of white vinegar and a few drops of your favorite essential oil. Apply a small amount to a soft cloth and rub onto your furniture, then buff with a clean cloth. ❀

天然清潔劑，清潔劑、消毒劑和植物性成分製作的健康產品，不僅可以讓動物減少受苦，還可以為後代子孫保護地球。我們要銘記在心，我們的行為不僅會影響我們自己，還會影響我們周遭的所有生命和一起共享的世界。我們可以透過日常生活中的正念選擇來培養慈悲心，並將這個善念延伸到所有眾生。

七種毒性最強的清潔劑是：空氣清新劑、織物柔軟劑和烘衣紙、含有人工香料的產品、抗菌產品、排水管、烤箱和廁所清潔劑、漂白劑和氨水。您可以購買天然清潔劑或自行製作，但避免自製洗衣粉，因為它會沉積並損壞您的洗衣機。尋找跳跳兔或零殘忍標籤，並查看慈悲購物者指南。

製作五種安全清潔劑的方法

萬用清潔劑：將等比例的白醋和水混合在噴霧瓶中。適用於清潔家中的桌子、窗戶、鏡子和其他表面。

烤箱和微波爐清潔劑：將1杯小蘇打與適量的水混合調成泥狀，將此泥狀物塗在爐頭或烤箱內，靜置至少2小時或隔夜。用海綿或刷子擦洗，再用水沖淨。

排水管清潔劑：將1/2杯小蘇打倒入排水管，再倒入1/2杯白醋。讓混合物嘶嘶作響幾分鐘，再以熱水沖淨。

玻璃清潔劑：將1/4杯藥用酒精與1/4杯白醋和1湯匙玉米澱粉混合在噴霧瓶中。瓶中注滿水，使用前搖勻。

家具亮光劑：將1/4杯橄欖油與1/4杯白醋和幾滴您最喜歡的精油混合。以軟布沾取少量塗抹在家具上，再以乾淨的布擦拭。❀

