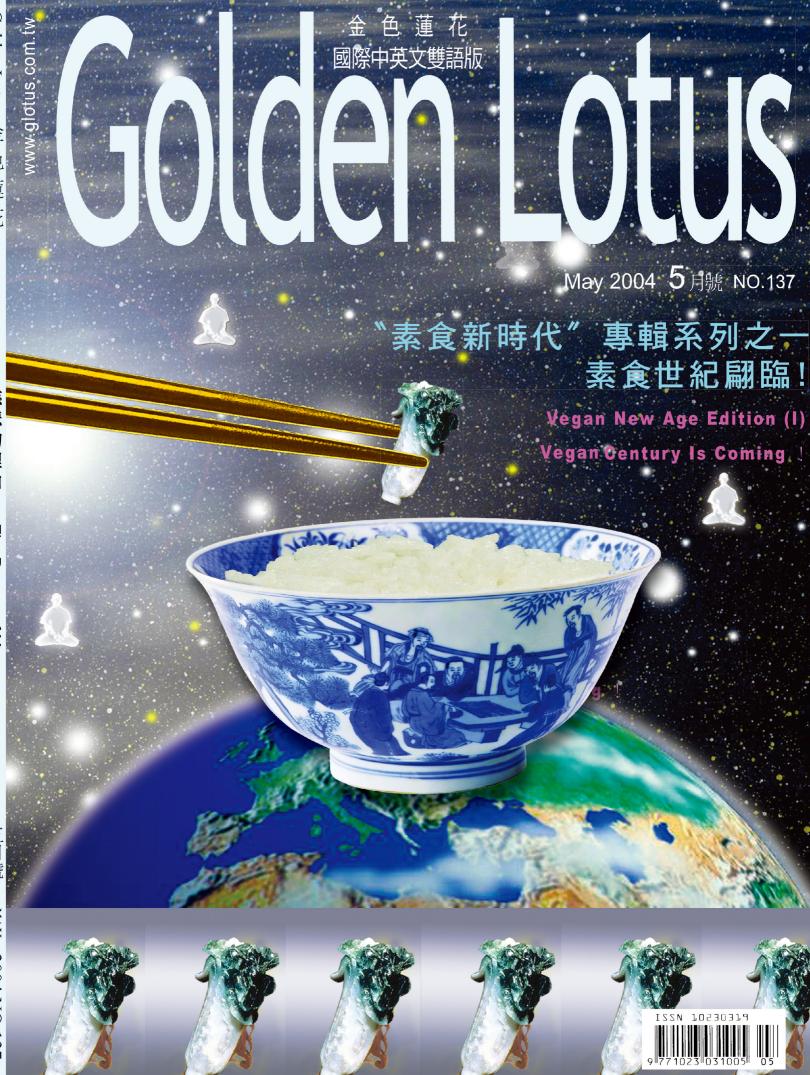




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GOOGLOUS



一路走來始終如一 豐富而又具有動感立體的美學 歷久彌堅

金色蓮花佛學月刊 總是以嶄新的概念式創意結構 深動有趣又深具啟發性的文字 一同交織出 心的境界

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Golden Lotus



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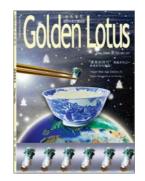
執此千莖 金色蓮花 以寄世尊 而為佛事 還散上方殑伽沙等諸佛世界 佛神力故,令此蓮花遍諸佛土 諸花臺中各有化佛,結跏趺坐 爲諸菩薩說大般若波羅蜜多相應之法 有情聞者必得無上正等菩提



The Magazine was named after the Sutra:

Chapter of Origin on Maha-Prajna-Sutra

Offering the Golden Lotus of thousand stems to the Buddha for spreading the Buddha-Dharma. And then spreading the Golden Lotus to the worlds of other Buddha that is in the upper direction and far away from the world we live. Because of the power of the Buddha, this Golden Lotus is spreading to the worlds of all Buddha, and there is a Buddha born and sit in each of the platform of the Golden Lotus. These Buddha are addressing the Dharma of the Maha Prajna. All the beings that hear the address will definitely become a Buddha.



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"素食新時代"專輯系列之一 Vegan New Age Edition (I)

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Structure: The Perfect Life (= The Life of Service)

Slogan: Become a perfect man stepwise, patiently and stably

Motto: Match Inner and outer beauty; combine talent and morality;

improve everything in speed; have the complete success

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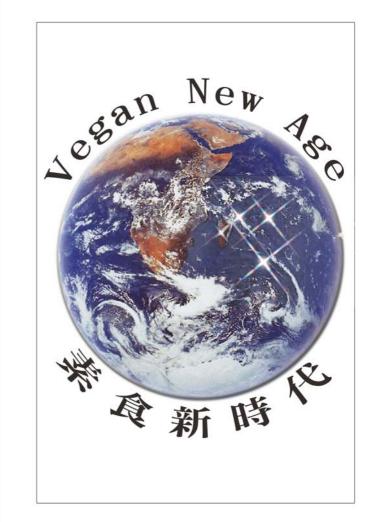
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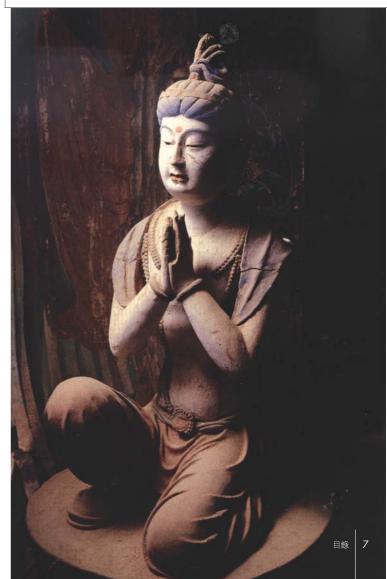
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"素食新時代"專輯系列之一 扉頁緒言~

欣迎 "素食新時代" 來臨!

文 Article/KUO YUN-LING 譯 Translator/Free 美編 Art Design/Thomas

吃素是好事 吃素是美事 吃素是利人利己的大善事

不但可以健康美顏長壽 還可以節省地球資源 並且促進全世界的環保

所以 有越來越多的歐美以及各國先進人士 紛紛加入這個慈悲又智慧的行列 已隱然成風 銳不可當 其可謂波瀾壯闊 方興未艾

而且世界上的素食文化 有越來越普及化、便利化、多樣化 以及全球國際化的趨勢 這是世界素食的未來學 值得觀察、研究、推廣之

此為世紀之美事、盛事 值得大書特書 並以歡欣鼓舞之心情 盛大迎接之! 且不妨名之為— 素食新時代

The Title Page, Preface

Welcome

"Vegan New Age"

Coming!

It's a good deed to be a vegetarian.

It's a wonderful matter to be a vegetarian.

To eat vegetable foods only is a great righteous thing that would benefit others as well as self.

It makes you have health, beauty and longevity.

Besides, it helps the world to save resources.

Moreover, it helps us to promote the environmental protection.

Therefore,

There are more and more people around the world, Attend the line of compassion and wisdom. This action can't be held back. It seems surging forward with great momentum.

Moreover, the vegetarian culture of the world Becomes more popular, convenient and diversified It also has the trend of globalization It is the futurology of the world It is worth to observe, to study and to popularize.

It is a wonderful and great matter in this century.
It should be specified.
Let's have a mood of rejoicing.
Warmly welcome it!
Let's name it asThe Vegetarian New Age!
"Vegan New Age"



"素食新時代"專輯系列之一 Vegan New Age Edition (I)

楔子 ~

慈悲的理由

文 Article / KUO YUN-LING 譯 Translator / Free 美編 Art Design / Fan

吃素

實在是一個非常健康的選擇

但是事實上

站在一個更廣泛而全面的角度來看 ---

來自一個偉大心靈動機的選擇

可能才是選擇素食的

最大原動力!

最高指導原則!

因為

我們不只是以這個肉身活著

我們更是以這顆心靈活在這世上

對於心靈有益的事

可能比對肉身有益的事

還要重要一些

因此

為了肉身的健康

我們應選擇吃素

而為了心靈的美善

我們更應該選擇吃素

因為

殺生絕對是不好的

如果我們有不殺生的素食可以選擇

而且更健康

人類為什麼還要繼續冥頑不靈的

選擇殺生的肉食呢?

所以———

慈悲是選擇素食

最好的理由!

最動人的心聲!

"素食新時代"專輯系列之一 本內容分為七個單元:

- 一、慈悲的理由
- 二、素食座右銘
- 三、素食新時代
- 四、素食的多重利益
- 五、香飄十萬里
- 六、"素食新時代"主題海報
- 七、素心祈福

"素食新時代"專輯系列之一 Vegan New Age Edition (I)

Preface -

The Reason of Mercy

To be a vegetarian

It is a very healthy choice

In fact

In an overall point of view

There is another greater motive

It is a better reason to be a vegetarian

The first cause!

The highest principle!

As

We are alive not only by the physical

But also by the soul

Those matters that benefit the soul

Is much more important than

The physical

Thus

For the physical health

We must to be a vegetarian

For the soul complete and beauty

We must to be a vegetarian

As

Killing is definitely no good

Besides, we can be vegetarians without killing animals

Moreover, it's healthier

Why human were impervious to reason

Why kill and eat meat?

Therefore

Be mercy and choose vegetable foods only

This is the best choice!

This is the most touching wishes!

Vegan New Age Edition(I) This Contents with 7 Parts

- 1.The Reason of Mercy
- 2. Vegetarians' Motto
- 3. Vegan New Age
- 4. Multi-benefits of the Vegetarian
- 5. Fragant Smell Fly Far Away
- 6. Vegan New Age Post
- 7.Blessing from Vegetarian



我吃素,因我歡喜慈悲!

I'm a vegetarian because I love mercy

無緣大慈 同體大悲 是宇宙不變的原則 因為宇宙本來就是一體的 不分你我 自然的循環——從開始到結束 就是一個原點 慈悲的起點到終點 便是一個慈悲循環

Great mercy and compassion without cause or reason, it's an unchanged principle of the universe.

The universe is an organic whole and not to know you and me.

A natural circulation from the beginning to the end, it's the origin.

Start with mercy and end up with mercy. It's the circulation of mercy.



吃素是為了什麼?

吃素的朋友最常被問到的就是:「你為什麼吃素?」接著就是:「你受了什麼刺激?」不然就是:「偶而吃吃素也是不錯,但缺乏動物性蛋白質,長期吃會影響健康呢!」「修行最重要的是修這顆心,吃不吃素無關緊要啦!所謂佛在心中坐,酒肉穿腸過!」

當然,每個人吃素的原因也有很多,健康啦,體質啦,習慣啦,但其中 最重要的原因莫過於慈悲一切的眾生, 不忍傷害眾生性命吧!

不殺生為原則

慈是與樂,悲是拔苦,無上願中 的願眾生離苦得樂,就是慈悲的展現, 在消極面上至少要做到不傷害眾生為原 則,因此在五戒中不殺生戒被列為第 一條。佛陀在《四不壞淨成就經》中說 到:「若有欲殺我者,我所不喜,他亦 如是,云何殺彼?作是覺已,受不殺生 戒。」當我們將心比心,設身處地為別 的眾生著想時,不難發現,如果有人要 殺我們,一定會非常害怕、恐懼,如同 恐怖片中被追殺的人一樣,充滿著緊 張、恐懼,那麼當一隻隻的動物即將面 臨被宰殺的命運時,其內心的恐懼及生 命被剝奪的極端憤恨,將多麼的巨大, 如果我們不再停止殺害眾生,終將有一 天,這樣巨大的憤恨力量,將會在人間 展現,人間的災難就會來臨了。

Why become a vegetarian?

People use to ask a vegetarian the following question: why you are a vegetarian? Then ask: what makes you do that? Or ask: it's all right to be a vegetarian for sometimes. However, to be short of animal protein, you may get sick if you are a long-term vegetarian! The most important matter for a Buddhist is cultivating the heart and soul instead of eating matter! Therefore, as long as you keep Buddha in mind, to eat meat and to drink wine is all right!

Surely, each man may have different reason to be a vegetarian. For example, the reasons are the health, the physique or the habit. However, the most important reason of all is the mercy. Having compassion to all loving beings and never hurt lives of beings!

No-killing is the principle

Mercy brings happiness. Compassion eliminates suffers. One of the ultimate vows: Wish all beings leave suffers and get happiness. This vow shows the mercy completely. At least, we shouldn't hurt any beings. This is the bottom line. Therefore, one of the Fivecommandments of Buddhism said: No killing is the first of all. In the Four-complete-pureachievement-sutra, Buddha said: if you want to kill, no one would like you. Why kill others? Think all over it and decide not to kill any being. When we feel for others and place us in other's position, we will find that if somebody wants to kill me, I'll be afraid. Just as in a terror movie, chasing and killing makes me feel great fear. While an animal had been killed, it would feel fear as well as extreme anger. The negative power is huge. We must stop the killing as early as possible. Otherwise, this nega-

慈悲的理由



眾生互為親屬

每一個生命都是無限的可貴,為 什麼人類不能和其他眾生和睦相處?為 什麼要在這世間製造這麼多的人間煉獄 (屠宰場)來害人害己?六道眾生互為親 屬,難道我們能忍受親眷遭受凌遲的痛 苦嗎?難道我們吃著親眷的肉,卻睡得 著嗎?難道我們能昧著良心,假設這一 切都不存在嗎?

素食是慈悲的實踐

人類生命的價值決定於崇高的心靈,一個崇高的心靈來自於一顆慈悲的心。 心,吃素是實踐慈悲的最好選擇,當我們心懷眾生,以最虔誠的心,為了滋養 tive power of fear and anger will come back and attack the human society someday. At that time, we can't escape from catastrophe.

All living beings are family members

Every life is valuable. Why can't the human live together in peace with other beings? Why we make so many sufferings such as in a slaughter house to hurt other beings and finally hurt ourselves? All beings in the Six-paths are in a big family. Can we put up with our families have been suffered by others? Can we eat our families? Can we ignore our conscience?

To be a vegetarian is the practice of mercy

The most significant value of human is the noble soul. A noble soul comes from a mercy heart. To be a vegetarian is the best choice to practice mercy. When we think about other beings with a sincere mind, we will choose to become a vegetarian. Every vegetable food would nourish the body as well as the mind. Therefore, we had better choose food of mercy and compassion and that is vegetable foods. It



食肉斷大慈種

Meat-eating would cut off the root of mercy

文 Article / James 譯 Translator / Free 美編 Art Design / Fan

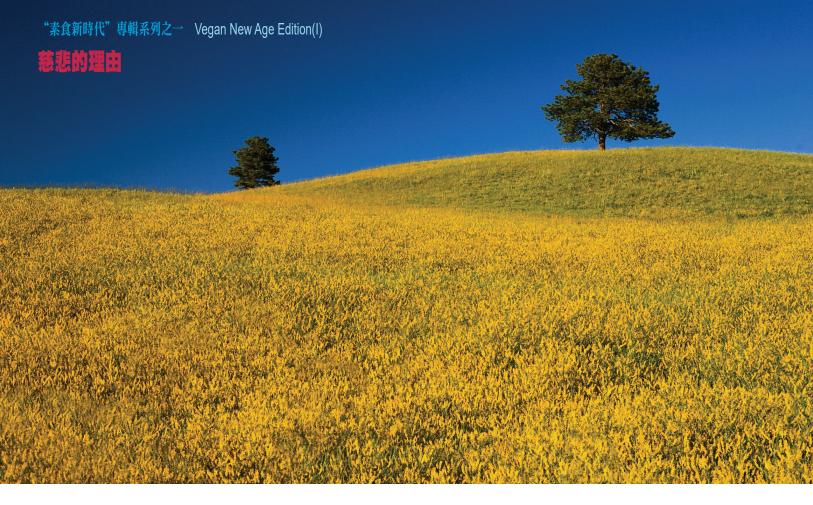


肉食者鄙

慈悲是天下間最美的事,慈悲的 人處處受歡迎,而貪食眾生肉正好和 慈悲背道而行,在佛典中有記載,如 《大般涅槃經》云:「善男子!從今 日始,不聽聲聞弟子食肉。若受檀越 信施之時,應觀是食如子肉想。」迦 葉菩薩復白佛言:「世尊!云何如來 不聽食肉?」「善男子!夫食肉者, 斷大慈種。」

Eating meat is not good

Mercy is the most beautiful matter in the world. A man of mercy would be welcome by all men. A meat eater is against mercy. In Buddhist sutras such as the Grand Nirvana Sutra said: Good men! From now on, my pupils are not allowed to eat meat. If people offer you a meal, to eat meat is to eat your own child. You should think in such a manner. Maha-kasyapa bodhisattva asked Buddha: The most respected! Why not allow your pupils to eat meat? Buddha replied: Good men! To eat meat would cut off the root of mercy.



殺害增長貪瞋

又如《入楞伽經》有云:「爾時 聖者大慧菩薩摩訶薩白佛言:世尊! 我觀世間生死流轉、怨結相連、墮諸 惡道,皆由食肉,更相殺害,增長貪 瞋,不得出離,甚為大苦。世尊!食 肉之人斷大慈種,修聖道者不應得 食。...... 佛告大慧:夫食肉者,有無 量過。諸菩薩摩訶薩修大慈悲,不得 食肉。」

六道眾生互為眷屬

生生世世在生死大海中輪轉, 身分角色錯綜複雜,今生被宰殺的動物,很可能都是過去生的親眷,愛護 他們都來不及,又怎忍心食他們的肉呢?所以經典才不斷提醒食肉會斷大 悲的種子。我們不是都想做一個人人 都歡迎的人嗎?那麼就要好好的練習

Killing would increase greediness and anger

There is a saying in Lanka Sutra: At that time, the Great-wisdom Bodhisattva asks Buddha that the most respected! I saw lives and deaths are turning around and around in the world. Resentment links with each other. Beings fall into the evil paths. All of these are owing to the meat eating. Beings kill each other. The greediness and anger are increasing. No one can eliminate the suffering. This is a great pain. The most respected! A meat-eater would cut off the root of mercy. Therefore, a Buddhist who is earnest in dharma shouldn't eat meat... Then, Buddha replied that who eat meat has limitless evil. All bodhisattvas who are practicing dharma should not eat any meat.

Beings in the Six-realms are family members

We lived and died in the turning of samsara. The roles were complex. The animals that

慈悲,就是要以無量無邊的愛心來面對 一切眾生,不讓一時的口腹之欲,殘害 眾生的性命,所以讓心靈健康的素食是 慈悲的第一步。

修三摩地 斷殺生

而一個修行人,更是要徹底實踐慈悲,而食眾生肉則不能稱為修行人或佛弟子。如《楞嚴經》<卷六>云:「奈何如來滅度之後,食眾生肉名為釋子?汝等當知,是食肉人,縱得心開似三摩地,皆大羅剎,報終必沉生死苦海,非佛弟子。如是之人相殺吞相食未已,云何是人得出三界?汝教世人修三摩地,次斷殺生,是名如來先佛世尊,第二決定清淨明誨。清淨比丘及諸菩薩,於歧路行,不踏生草,況以手拔,云何大悲取諸眾生血肉充食。」

放掉口腹之欲吧!讓素食的具體 行動止住惡業,讓慈悲的種子不斷的發 芽、成長,因為人間最需要的就是這一 念慈心。



you killed today, probably, were your families in the past existences. You should take care of them instead of eating them. How can you do that? Therefore, Buddhist sutras remind us again and again that eating meat will cut off the root of mercy. We all wish to be welcomed by others; therefore, we had better practice our mercy on animals in the first place. We have to treat all living beings with limitless love. Don't have greediness on meat and kill animals. Thus, to become a vegetarian is the first step.

We should practice meditation and stop killing

A buddhist practitioner should practice mercy. A meat-eater can never be a good practitioner. Just as the sixth roll of the Lengyan Sutra had said: After Buddha entered into nirvana, should a Buddhist eat meat? We must know that a meat-eater, even he was able to enter into Samadhi-meditation; he was still an evil-raksasa. After he was died, he would be suffered by samsara again. He wasn't a nice follow of Buddha. Thus man, ate others and been eaten by others later. How can such a man free from the Three-realms? You had better teach all beings to practice meditation; refuse to kill; then, you can be called as the most respected. This is the second decision of peace and quiet. All good monks and bodhisattvas, when you are walking, don't step on grass land nor pull out grass from ground. Therefore, a man of great mercy can't eat meat anymore."

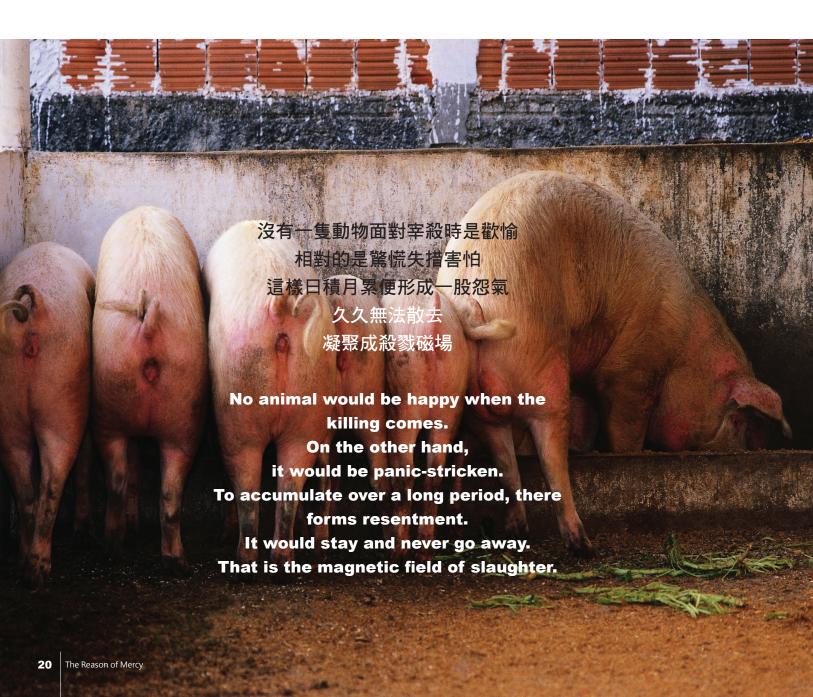
Give up eating meat! Let us become a vegetarian and stop the evil of meat-eating. Let the seeds of mercy germinate continuously. The thought of mercy is what we really need in this world.

慈悲的理由

欲知世上刀兵劫 但聞屠戶夜半聲

The wars is owing to the voice in butcher's house at midnight

文 Article / James 譯 Translator / Free 美編 Art Design / Fan



愿雲禪師《戒肉食詩》云: 「千百年來碗裡羹,冤深似海恨難 平,欲知世上刀兵劫,但聞屠戶夜半 聲。」古德亦有云:「天災人禍之起 因來自於人心不善。」這人心不善的 表徵是殺戮過多。

戰爭的禍患

根據過去的紀錄片,戰爭過後都 是滿目瘡痍,試想每天提供肉食的屠 宰場,不正是這場景的寫照嗎?隨著 時代的進步,殘殺動物的事實已被包 裝精美、處理完善的商業手法及愈來 愈難擺平的口腹之欲掩蓋無遺,到了 超市時,你聽到的不會是動物的慘叫 聲,而是輕鬆的音樂,也不會看到血 淋淋的場面,而是已經處理好的鮮美 肉食乾乾淨淨的擺在架上,彷彿被宰 殺的動物是心甘情願在等待你將他帶 回去煮來吃。但聰明的人類啊!想想 看吧,有可能嗎?那一個有情的生命 體會願意讓人恣意的剝奪生命,而不 起怨恨、憤怒的呢?想想看,有時別 人只是對我們不合理的對待,我們都 可能氣憤難當,那麼對成千上萬的動 物無情的殘害生命將會如何呢?這些 怨恨會不會回到人類自己的身上呢?

動物殘酷的被對待

國際素食協會第13期訊刊發表了 一首詩,敘述了養殖場的動物如何在 經歷不人道的折磨後,最後被殘殺而 成為人們每日所食用的肉類。討論中 也指出若愈來愈殘酷的對待動物,人 Zen master Yuan-yun said in his Poem of Refusing to Eat-Meat: the animals became thick soup in the bowl for hundreds and thousands years. The hatred of animals is as deep as the sea and can never be depleted. If we like to know why there are wars happened in the world, we should ask the butcher who did the killing in the midnight. Some other masters also said: all natural and man-made calamities were caused by the evil of human's mind. What is the evil-mind? That is the killing.

Wars are disasters

According record films, all wars would bring devastation everywhere. To compare with the slaughter house, the scenery is similar. The time is progressing. Killing animals is well packing as a gift. A perfect commercial technique can cover up all faults of an appetite of meat-eating. When you go to a supermarket, you never hear the crying of animals. Instead, you hear nice music. You would never see the scene of dripping blood. Instead, you see flesh and delicious meat-food place upon a nice rack. It seems that the animals were totally willing to be killed and cooked and eaten by men. How smart the human is! Is that possible? Which living being is willing to give life freely? How can the animal not hate or anger? When someone else treats with us with unreasonable manner, we will get mad at once. Then, how can we treat animals in such a ruthless manner? Does this hatred from animals come to attack human finally?

Animals are treated cruelly

The thirteen issue of the International Vegetarian Association published a poem. It described the inhuman torture of animal in a livestock farm. Finally, these animals became meat after murdered. It also discussed about the

慈悲的理由

類會變得更加野蠻。

這樣的結論值得人們深思。要不 要繼續讓強調營養必須攝取足量肉類的 錯誤概念變本加厲的成為動物界的劊子 手,而最後人類也無可倖免的成為此一 劊子手刀下的犧牲品——自相殘殺。

一念慈悲 不再成為幫兇

素食的慈悲選擇,不要再淪為屠殺動物的幫兇,因為只要人們不吃,就不需要有那麼多的動物不自然的慘死刀下,也許這一念素心,便讓生生世世的互相殘殺劃上了休止符,不論是誰欠誰,一個慈悲的人,終究選擇的是原諒。

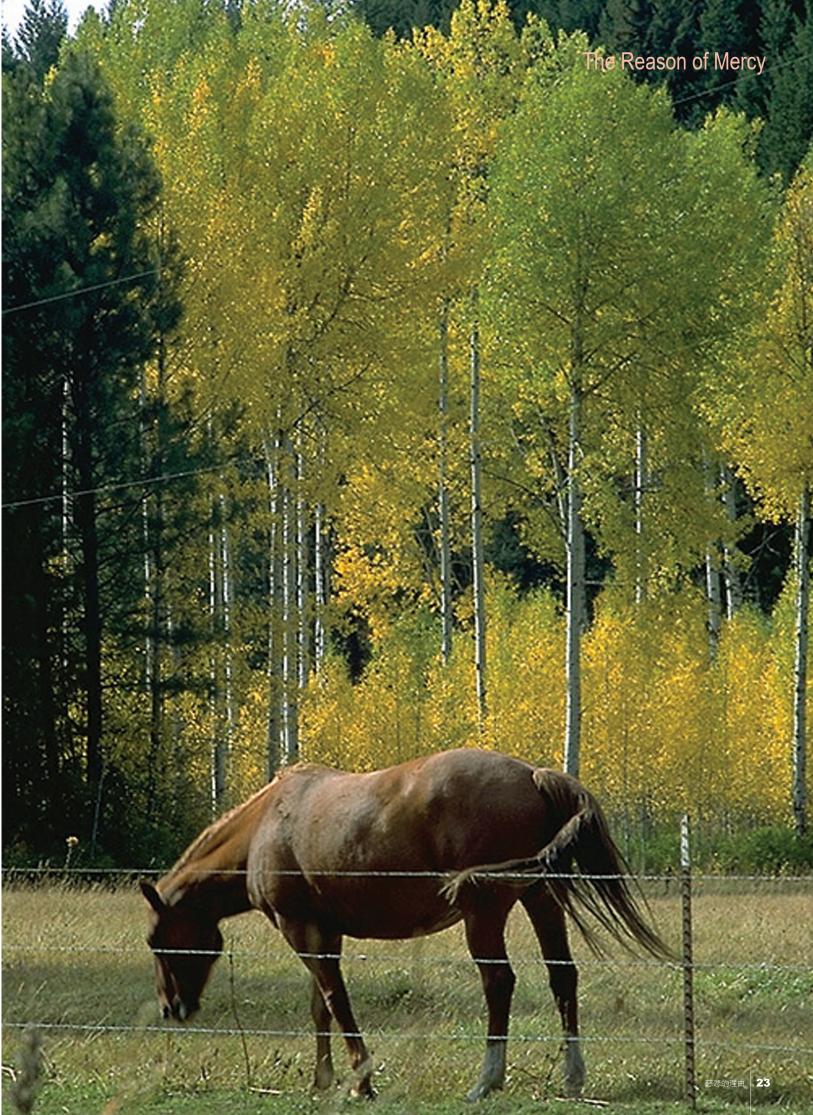
cruel treatment to animals would finally bring brutal results in human's nature.

Such conclusion is worth a deep thought by us. Should human keep emphasize that eating-meat is necessary to human? Should we still be an executioner of animals? Finally, we will become a mutual slaughter and that is the fate of all meat-eater.

A mind of mercy, never become an accessory of killing again

To be a vegetarian is a mercy choice. Don't be an accessory to animal killing. If men don't eat meat, there would have no need to kill the animals in the first place. The thought of being a vegetarian can stop the mutual slaughter lives after lives. No matter who owe who a debt, a mercy man should choice forgiveness only.







吃他一斤,還他十六兩!

I have to pay for it

今天你吃他 明天他吃你 冤冤相報何時了

Today, you eat them. Tomorrow, they eat you.

Reprisal breeds reprisal never end.

文 Article / James 譯 Translator / Free 美編 Art Design / Fan

The Reason of Mercy

廣欽老和尚常給信徒的開示是「念佛,不要吃肉。」「吃他一斤,就要還他 16兩,這種事有什麼好做的。」總是有一些人認為動物生來就應該被吃的,又有人 錯認為殺動物來吃,是幫他脫離苦海,重新做人。人為了口腹之欲,便生出許多似是而非的合理化結論來滿足私慾,但是可怕的真相便在後面,那就是吃多少,還多少,因果絲毫不爽。

尊重一切的生命

但很顯然在現代自以為科學昌明而 崇尚眼見為憑的多數人們,在慾望的掩護 下,並無法使他們信服這樣的道理,致使 無數生靈一夕之間慘遭殺戮。其實在人間 的法律不也制定了「殺人償命」的準則 嗎?難道動物真的就低等到會心甘情願被 人吃,更荒謬的是一種生命生存的目的就 是為了給另一種生命當食物。在我們強調 尊重生命的這個時代,不就成了極大的諷 刺嗎?

以口腹之欲掩飾自己之私

在深深的夜裡,本是萬籟俱寂的大 地,卻是哀鴻遍野的慘叫聲,鮮紅色的血 沾染了大地,寧靜的大地瞬間變成了煉 獄,你問為什麼,只為了人們的口腹之 欲。深思啊!深思,自許為靈性最高的人 類,真的要這麼慘絕人寰的對待其他生命 嗎?要用這麼不人道的手段污衊人類萬物 之靈的稱號嗎?還大地寧靜和清白吧!當 我們舒舒服服在被窩裡成眠時,也希望所 有生命也能有個甜美的夢。今天不吃他, 明天便不需還他;過去他對不起你,但慈 悲的你,可以跟他說:「我不吃你,過去 的事沒關係。」 Master Guang-qin used to teach his follows that chant the names of Buddha and don't eat meat. If you eat one kilogram of meat, you have to pay back 1,000 grams of meat to animals later. Some people thought that animals were born for human's food. Others thought that kill the animals can free them from the sea of bitterness. For food, human made up so many reasons to kill. However, there is a terrible payment coming. How much we ate, how much we have to pay.

Respect all lives

Obviously, we had too much confidence to modern science. To cover up by desires, human simply don't believe that the just punishment will come. Therefore, human keep killing animals. Despite one of the human's law, we must pay with one's life for a murder, human still do the killing. I wonder that those killed animals would be totally willing to be eaten. How can we believe that the purpose of animal's existence is made as foods for human? In the era of respecting all lives, it is a big joke, isn't it?

The desire for food covers up the selfishness of men

In late night, all is quiet. What makes the night cried out loudly? What makes the red dyed the mother land? The peace world turned into a living hell. Why? Just for food? We have to think all over again! We used to say that human is the crest-soul of all beings. If that is the case, should we treat animals like this? Don't smear the good name of human. Return the mother land a peace and quiet night! Let's sleep with ease and justified. Let all lives can have sweet dreams. If don't eat meat today, then, there is no payment for tomorrow. If the being ever ate you previous, as you are mercy man, you should say: I won't eat you. Just let it go.



以善咸召更多的善緣

慈悲的心是菩薩的心,慈悲的心 會感召善緣,當我們用關懷及包容面 對所有生命時,因為我們很愛別的生 命,眾生就會以同等的心來回饋,這 是一個善的循環。慈悲的心會帶來祥 和,總是讓人感到非常舒服,因此, 當人間愈來愈多慈悲的光芒出現時, 我們就會因為愛而活得更幸福、更有 價值。然而,人間愈來愈多的天災人 禍,弒父弒母的社會逆倫現象、到處 充斥的權力鬥爭、滿目瘡痍的殘酷戰

Good would evoke better to come

Bodhisattva's mind is s mercy mind. The mind of mercy would evoke good responses. When we are attentive to and forgive all living beings, we are creating a righteousness circulation that you love others and others love you as a going back. Mercy would introduce peace and harmony. Mercy makes us feel good. Thus, when mercy shines the world, we would become happier and richer because of love. However, there are more natural and man-made calamities as well as murders these days. Fights between powers are everywhere. Wars cause scenes of devastation. I wonder that what the

爭,不禁令人懷疑,或許我們該想想人 類出了什麼問題?殘暴的因會得殘暴的 果,所有的災難來自於人們沒有德行, 這是古有明訓的。

用愛化解一切恨

觀世音菩薩普門品:「慈眼視眾生,福聚海無量。」慈悲會累積無量無邊的功德福報,因此面對愈來愈多的殺戮和災難,要用慈愛和原諒來化解,不斷的散發出慈悲的磁場,用無量無邊的愛去面對週遭所有的人,停止對動物的殺戮,讓愛再度充滿我們的生活中,化解一切的爭執和仇恨,也留給我們的下一代一個最好的禮物一慈悲的生活。

problem of mankind is. Cruel and ferocious will bring back cruel and ferocious only. There was a ancient saying that all disasters are caused by human's immorality.

The love would solve the hate

According the Universal Gate of Avalokiteshvara Bodhisattva: looking at all beings with a mercy eyes, you would collect numerous good fortune. Mercy brings good fortunes. Therefore, when slaughter and disasters are increasing, we must reconcile them with mercy and forgiveness. Let's distribute continuously the magnetic field of mercy together. Let's use limitless love to take care of others. Stop kills animals. Let love fill up our life. Let love solve all disagreement and hatred. Let's leave the best gift for the coming generations and that is the life of mercy.



慈悲的理由

生命是與生俱來 沒有任何人 可以決定 另一生命的生與死 然而能用這樣的理念 去幫助弱小無助的生命 其意義更大於再造

Lives come naturally
Nobody
Can decide
The life and death of another life
However, we may use such ideal
To help small and weak lives
This means a lot of more

救一命,勝造七級浮屠

Life saving is the most valuable!

文 Article / James 譯 Translator / Free 美編 Art Design / Fan

生命是無價的,每個人最珍視的 就是自己的生命,沒有生命也就沒有一 切。出生令人喜悅,而死亡令人悲傷。 這不斷循環的生老病死,已成了所有生 命的必經過程。每個人都重視自己的生 命,深怕受到一點點的損傷,但是,我 們對別的生命呢?你可曾想過,當黑夜 來臨,人們總算可以忘記一天的辛勞而 好整以暇的進入夢鄉時,在許多黑暗的 角落裡,無數的動物正在進行生死的搏 門,人們正在進行大規模的屠殺行動, 真是哀鴻遍野,血流成河。

尊重生命素食化為行動

想想人類的生活過得如何美好, 至少不用被禁錮在狹小且黑暗的空間中 過生活,然後還要無緣無故的被殺掉, 相較之下,在提倡尊重生命的今天,拯 救生命的行動似乎該刻不容緩的展開。 而「素食運動」便是首先可以做到的, 如果人人都吃素,便不需殺掉動物。不 要小看你的一口素食,可能因此拯救一 個生命。俗話說:「救一命,勝造七級 浮屠。」生命的價值往往超越了外在的 一切,而用吃素的行動來拯救生命,卻 是人人可以做到的,只要我們不再順從 口腹之欲,只要我們漸漸的內心清淨, 我們天天都可以拯救許多無辜的生命。 童子軍的守則:「日行一善。」就讓我 們:「日救一命吧!」用清淨的素食來 美化和莊嚴我們的生命吧!

Life is priceless. All beings treasure their own lives. Lose life, lose all. Birth brings happiness. Death evokes sadness. The circulation of life, death and rebirth, is a necessary procedure of all beings. We all love our lives. We are afraid of any bit of damage in life. However, how do we handle the life of other being? When the night comes, have you ever think about that? Before you go to sleep and have a nice dream, you can release all toil from the daytime. At the same time, in many dark corners, there are numerous animals are fighting with death. A huge slaughter is doing. The crying is everywhere. The blood flows and has become a river.

Respect all lives and become a vegetarian now

Human seems live well. At least, most of us don't need to be imprisoned in a dark and narrow space. Then, be killed without reason. In order to respect all lives, we have to rescue animals right away. "To be a vegetarian"is what men can do right now. If all men eat only vegetable foods, it will be no need to kill animals. To be a vegetarian, we can save lives. There was an old saying "Saving lives is the most valuable." The value of lives goes beyond all other matter. Let save the animals together by eating vegetable foods only. Only if we give up the meat-eating, we may gradually come down in mind and win peace. Let's save those innocent animal lives. There is a rule for boy scouts "Do a nice thing per day". Let's "Save a life per day". Let's decorate our lives with the beauty of becoming a vegetarian!



將心比心

To feel for others

文 Article / James 譯 Translator / Free 美編 Art Design / Fan



歷史是一面鏡子,可以提醒我們 很多事情。希特勒的民族優越的假相, 造成了猶太人的浩劫。猶記得在紀錄片 中很深的印象:一位德國的軍官赫然發 現:「原來猶太人也有感情。」不斷的 思想改造,讓人似乎忘了本來既已存在 的簡單事實,同樣的道理,我們是否有 一天會赫然發現:「原來動物也有感 情,也會痛苦。」

同理心

人同此心,心同此理,站在對方立 場來想的同理心,已漸漸成為處理人際 History is a mirror and it reminds us many things. Hitler's ethnocentrism is false but brought a great calamity for Jew. I still remember there was a scene in a movie that a Germany officer said impressively that the Jew also have feelings; it surprises me. Brain washing can make us neglect a simple truth. The same ideal, we may suddenly find that the animals also have feelings; it surprises me.

To feel alike

The sense of justice and rationality is the same with everybody. We should think and feel for others. This is an effective prescription for the conflicting human relation. Probably, we didn' ever think for animals. In the movie

慈悲的理由

關係及化解衝突的良方,但我們什麼時候站在動物的立場來想過呢?在「決戰 猩球」這部電影中,描述一位遇到磁暴 的太空人迷失了航道而到了一個星球, 這個星球由猩猩統治,人類像畜生一樣 被對待,烙印、囚禁,鞭打及任意買 賣。試想如果我們是這個星球的人類, 將是多麼悲慘啊!

生命來自於愛

生命的價值決定於人是否能愛別的 生命,「己所不欲,勿施於人」的生命 哲學已經提醒人們不要再自私自利,更 應該利用有限的生命,實踐將心比心的 愛的哲學。既已愛之,怎忍心傷之,用 愛的素食習慣,停止對生命的摧殘,讓 生命愈來愈圓滿、幸福。 "Planet of the Apes", there was an astronaut lose the track by a magnetic storm and then flew to an unknown planet. In this planet, apes were the ruler. Human was treated like an animal. Human was to brand, to imprison, to whip and to be sold arbitrarily. If we were men who lived on such a planet, can you image how miserable we were!

Lives are from love

The value of life is decided by the fact that can we love other beings or not. "Do not do to others what you don't want to be done to you." This philosophy reminds us that we should never be so selfish. On the contrary, we must use our limited lives to love other beings. If we love other beings, how can we hurt them? If we establish the habit of a vegetarian with love, then, we were able to stop the killing. Thus, the life itself could be better and happier.





經期的問題

上天有好生之德

God has a virtue to treasure the lives of beings

文 Article / James 譯 Translator / Free 美編 Art Design / Fan

當森林綠地越來越少 動物棲息地慢慢變成人類的耕作地 動物因此不斷誤闖人類的生活 而遭到殺害 然而地球是動物和人類共享的資源 人類是否該想一想 萬物的共處之道 進而留給彼此一個美好的空間 Forests and green lands become less and less. The places where the animals lived were cultivated into arable lands. Therefore, animals jumped into human's life continuously. Then, animals were killed. However, men were supposed to share the earth with the animals. Men should think There must a way for all beings to live together. Let's reserve a wonderful place for all beings to stay.



己所不欲勿施於萬物

生,我所之欲也;死,我所之不 欲也。不論是何種東西,只要是人們歡 喜的,無不希望其生生不息,春天時百 花盛開一片欣欣向榮的景象,總是勝過 冬天萬物凋零歸於靜寂的情景,古云: 「上天有好生之德。」人類為萬物之 靈,理應好好發揚這德行,讓所有的生 命互相尊重、互相愛惜,而不應踐踏別 的生命。

現今社會中,不斷上演自相殘殺的 戲碼,整個世界變成殺戮戰場,許多天

Do not do to others what you don't want to be done to you

To live, I want; to die, I refuse. Any matter, if men love it, we wish it live always. Men seem prefer the blooming flowers in the spring time more than the withered matters in the winter time. There was an old saying: god has a virtue to treasure the lives of beings. Men as the leading creature on earth, we had better enhance this virtue from the god. Let all beings respect and love each other. Don't step your foot on other beings.

Nowadays, a mutual slaughter is playing. The world becomes a huge slaughter house.

慈悲的理由



天生活在恐懼中,老天如果有知,恐怕 也會悲從中來吧!

素食是崇高的心靈表現

愛護生命是人的天性,也是崇高 心靈的表現,用清淨的素食來戒殺止殺 吧!不要再讓動物活在人間地獄中了, 也給他們一個自我決定生命的機會,其 實也給了自己機會,一個充滿慈悲、愛 心的機會,相信總有一天,幸福的日子 會來臨,人間會再度充滿溫暖和愛。 Many beings live in terror everyday. If the god knows that, the god would feel sad for us!

To be a vegetarian is to show a noble heart

To take care of lives should be the natural instincts for human. It is a noble soul to show love. Let's to be a vegetarian and stop kill animals! Liberate animals from a living hell. Give animals a free choice of life. In fact, that also gives human a chance, the chance of being mercy and love. One day, happiness would come to the world and nice, warm and love is all around.



慈悲的理由

惻隱之心

A sense of pity

文 Article / James 譯 Translator / Free 美編 Art Design / Fan



當別人發生事情需要幫助的時候,而我們能夠伸出 援手~一則幫助了別人,一則增長自己的愛心

When someone needs help, we just give him a hand.

That would increase the love in our hearts.

人饑己饑 人溺己溺

儒家說:「惻隱之心,人皆有之。」當我們看到有人遭受痛苦的折磨時,都會不忍卒賭,甚至悲從中來。最近在誠品敦南店舉行的一個攝影展,展出了有關疾病、死亡、飢餓、貧窮等作品,有很多參觀者看了為之鼻酸,原來在世界的許多角落充滿著各式各樣的痛

Hunger you, hunger me. Drown you, drown me.

The Confucian said: all men have a sense of pity. When we see someone been tortured, we can't bear to it. We felt sorrow for it. Recently, there was a photograph-show in a famous bookstore in Taipei City. It displayed works about disease, death, hunger and poverty. It makes many visitors feel sad because they

苦和不幸,前幾天,一個學校的學生被 車子撞的面目全非,家裡是低收入戶, 面對這突然來臨的狀況,似乎有些措手 不及,如晴天霹靂般,很多身邊的親友 也都忍不住留下淚來。而這些發生在別 人身上的悲慘經驗,不知那一天都有可 能到自己身上。

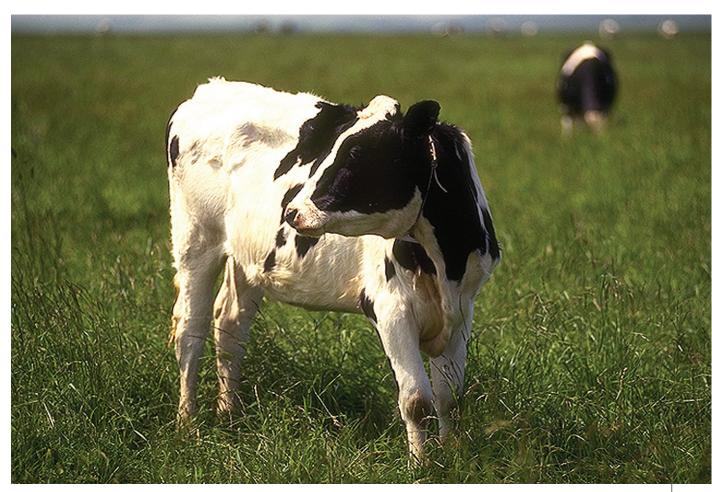
放下屠刀立地成佛

當對生命起了憐憫心時,就是尊 重生命的開始。一位屠夫每天都在宰殺 牛,當有一天他無意間看到一頭即將被 宰殺的牛竟然在留著淚時,他立即放下 屠刀,改行做別的事了。對生命的深深 同情,將帶給人們覺醒,也只有覺醒, 才能喚醒良知,停止殺戮。

know there are numerous and all sorts of sufferings and misfortune in the world. A few days ago, a student was hit by a car and seriously injured. The student was from a poor family. This accident made the family members so surprised. They couldn't stand but cried. This miserable matter might happen on anybody.

A butcher becomes a Buddha the moment he drops his cleaver

Let's have pity for any miserable matter in life. This is a good start of respecting lives. There was a story that a butcher almost does the killing everyday. One day, he saw a cattle was crying when the kill coming. He dropped the knife and then switched to another trade. Having compassion to lives and that will bring enlightenment for human. Only when enlightened, we can stop the killing.



慈悲的理由



堅持、及時愛的行動

愛需要時間去實踐,當我們知道 慈悲的重要時,就要劍及履及的去實踐 慈悲。生命的過程,有時並不等人,記

Insist on the action of love in time

Love needs time to practice. When we know the importance of love, we must practice it right away. Life is passing and waits for no得在電影「魔戒二部曲」中,勇敢的哈比人,雖然身體短小,雖然要抵擋比他們強十倍的半獸人的攻擊,還要完成不可能的任務,但他們總是堅持下去,因為他們相信人間永遠有善良。也在這樣的信念下,一次又一次抵擋了惡勢力的攻擊,而終於完成了任務,如果他們半途就放棄了,也就不會有光明的日子,等到黑暗完全籠罩,再來談慈悲及善良可能也無濟於事了。

盡一切力量實踐愛

所以從現在這一刻起,要好好愛身邊所有的人,要用無量無邊的愛心來幫助可以幫助的生命,用素食的具體行動,停止傷害眾生,放掉一切的仇恨和不安,激起生命的熱情,努力行善,為了維持人間的和平,而盡宇宙一份子的一點力量。不管現在多麼混亂不堪,都要堅持悲心,讓我們攜手一起完成生命中仍需努力的悲願吧!

body. In the movie The Lord of the Ring, the Two Towers, the brave Hobbit, they are short in body. However, they still fight with the Orc that is ten times stronger than the Hobbit. The mission impossible must be accomplished. They must insist. They believe there is kindness in the world. Under such believing, the Hobbit resists the evils again and again. Finally, they accomplished the mission. If they had given up, there would be no brightness at all. If the darkness overwhelm completely, the mercy and kindness would be helpless.

Do all things to accomplish love

Therefore, from this moment, we should love relatives around us. Let's use limitless love to help other beings. To be a vegetarian is a concrete action. Stop killing. Give up all hatred and uneasy. Evoke the passion of life. Do good things as possible. Maintain the world in peace. Give the universe a positive power. No matter how chaos the world is, we must be mercy. Let's accomplish this mercy vow together!





有情有義一不捨離的愛。









話說狗才不出門,能知天下事 天下事無奇不有 就讓我用我的**狗**眼睛**狗**腿子,帶你來看「**狗**眼看天下」





我是咪咪,現在開講了……

A dog always in door but knows the whole world In this world, nothing is too strange.

Let the dog's eyes and legs lead you to discover the world.

I'm HAPPY

I'm MEW. Now, let's talk about it...

主持「人」男狗女貓 Take charge by a male-dog and a female-cat /HAPPY & MEW 圖片提供/許應威•東森新聞 Pictured by Xu Ying-wei, ET News

看官Y!最近豬道不豬道發生了什麼轟動武林,驚動萬教的事--情,現 在就讓偶們來瞧一瞧。

天地有情 動物有愛

偶們先來看看一段新聞一請看! 首先發生在今年3月真實故事的「港南 事件」—三月二十號那天,這個台積電 經理許應威開著車子,帶著攝影器材準 備新竹港去拍攝鳥類,經過港南附近馬 路的時候,有一群家燕正低空覓食、嬉 戲,當他正擔心牠們的安危時,不幸的 事就真的發生了……,一隻家燕真的真 的被迎而來的大卡車撞上了,正在此 刻,另一隻家燕飛了下來趕到牠的身 旁,非常著急地呼喚牠趕快起來,離開 危險之地,但是牠卻動也不動,不幸 的牠已經死亡了,同伴不忍離去哀鳴 啾啾,一直不斷叫喚,甚至拉扯牠企圖 用爪子想將牠帶離現場,奈何力不從 心,這個時候又來了一輛車子,家燕急 忙往上飛,等車子過後,不死心地又飛 了下來,再度呼喚牠,最後使勁所有的 力氣,終於放棄了,不忍心的家燕還是 在空中盤旋了幾圈哀鳴才離去。〈故事 \rightarrow

Hey! Do you know what up around? Let me show you.

From the top to the bottom of world, animals have love.

Let's see some news. A real story happened in March named "Gang-nan Event". On the 20th March, a tsmc manager, Xu Ying-wei, drove his car to Xin-zhu Harbor to take pictures of some birds. When he drove through Gangnan Road, there was a nest of barn swallow foraging in low-altitude. They played freely. Mr. Wu was worrying about their safety. Unfortunately, a tragedy happened on one of the swallow. It was hit by a speedy truck face to face. At that moment, there was another swallow flew down and stood next to the injured one. The swallow cried at the injured one and tried to wake it up and fly right away. However, the injured one was motionless despite the crying voice. It was dead already. The swallow kept crying and didn't fly away. Even, it tried to catch the injured one up and fly but it failed. There was another vehicle coming. The swallow flew away just for a moment and then; it flew back to the injured swallow right away after the vehicle was away. It repeated the crying and catching up again and again. Finally, it was completely exhausted and gave up the rescue. The swallow flew in circles; cried with sadness; finally, flew away. (Story 1)

■家燕被撞倒在地 A barn swallow was hit down on the ground



麻吉龍物秀

攝影/許應威

■另一隻夥伴見狀,馬上飛到他的身邊,企圖喚醒牠離開危險之地 Another swallow flew next to the injured one and tried to wake it up.



■鳥兒不相信同伴已死的眼神 The swallow just can't believe that his partner was died.



■ 此時,竟嘗試要將地上的牠抓起帶離

At the very moment, the swallow tried to catch up the injured one and escape.



Much Pet Shows



■儘管別的鳥兒告訴他這是沒有用的,但是,夥伴依然 不死心的希望看到他再度飛起。

Although it might be in vain, however, the swallow wished his partner can fly again.



■努力的振翅,一次又一次是無法承受沉重的負擔?...

Try to do the rescue again and again but failed finally because of the heavy weight.



■最後使勁了全身的力量,卻無法得到任何的回應,終於忍不注的大聲呼喊著 "你為何還不起來呢?"

The swallow reserves no strength, however, the injured swallow had no response at all. Finally, it cried: Why don't you get up?

麻吉龍物秀



OS:唉!講到這裡真叫偶掬一把眼淚? Oh! It's a sad story makes me cry.



OS: 真是讓偶太感動了? It's so touching.

小黑小花 羅密歐與茱麗葉

以下的故事呢-,就是跟偶的同 類有關那……,兩隻流浪狗纏綿悱惻 悽美的愛情故事,這也是真實事件。

這事情是在台中這樣花生的 ……,當時小黑和小花在馬路邊談戀 愛,不料有一輛不長眼睛的車子衝過 來,小黑驚然一撇,眼見情郎小花就 要被車子撞上,說時快那時遲一一小 黑……小黑為了救小花,竟然用自已 的身子去擋車子的撞擊,事後雖然小 花無恙,但小黑卻也犧牲了自已的生 命……。

小黑雖然死了,小花卻不捨離開 牠,於是就拖著小黑僵硬的屍體守護 著牠,經過兩天不吃不喝挨餓受凍, 才被人發現緊急送醫。

經過獸醫林振益急救,將小花 注射麻醉針並且把牠們分開時,當麻 醉劑開始發效,小花眼角竟然泛出淚 光,昏迷中還是不願和小黑分開,而 在旁的狗同伴也發出哀嚎,最後手術 成功了。

經過了這場浩劫,小花因禍得 福,被收留在動物保護協會,等待人

Little-black & Small-flower, Romeo & Juliet

There is another story about my species, dog. It's all about two dogs. It's a love story. It's real.

This matter happened in Tai-zhong City. At that moment, little-black and small-flower were in love and walked along a road. Unfortunately, there was a car rushing to them and almost ran over small-flower. Little-black saw it and tried to rescue the lover. Little-black dashed against the car to save small-flower. Finally, little-black sacrificed himself and save the life of small-flower.

Although little-black was died, small-flower didn't leave him. She stayed with the dead body of little-black for two days. After suffered from hunger and froze, people save it to the hospital.

After the veterinarian, Lin Zhen-yi, did the first aid, small-flower was separated to little-black. Before an anesthetic to anesthetize small-flower, she cried in the eyes. She didn't willing to be separated to little-black. Many other dogs in the hospital cried too. Finally, the surgical operation for small-flower was done well.

After the great calamity, small-flower got a blessing in disguise. She was adopted by the Animal Protection Association. Then, someone else may adopt her later. 領養。

小黑雖然壯烈犧牲了,但小花也 患難見真情,不僅沒有離開小黑,還 全心全意不吃不喝守護牠。

這樣的患難真情,不但感動了醫 師,也感動在場的人,小花就在阿彌 陀佛佛號中,走牠最後的一程。〈故 事二〉

■深情的小花

Small-flower, the deep feeling 圖片提供/東森新聞

Little-black was sacrificed. Small-flower, a friend in need is a friend indeed. She would never leave little-black behind. She guarded him with heart and soul.

Such love touched the doctor as well as others. Little-black left the life within the chanting of Amitabha Buddha.





OS:為什麼這些人開車都這麼不小心,難到道偶們 動物就是不是人歐?!

Why people drive so careless? Why don't treat animals as beings that should be loved.



OS:給偶遇到,偶就給他這樣!

If I see the driver, I'll do that!



OS:唉唷!你就別再說了,人家還沉思在羅密歐與 茱麗葉感人的愛情故事當中呢?這真是偶們狗 界偉大的情操啊?!使偶不禁要為牠們祈禱三 分鐘,阿彌陀佛!

> Oh! Don't say that. I'm still thinking about the story about Romeo & Juliet. What a great sentiment of dogrealm! Let's pray for them. Amitabha Buddha!

"素食新時代"專輯系列之一

麻吉霍物秀



結語:

看官丫!看完了兩則感人肺腑偉大的動物情操是不是不輸給人類啊?! 甚至有過之無不及哦,希望這樣的行為能喚起人類對偶們動物權的尊重,進而愛護偶們,因為偶們也是有感情有眼淚的,佛說眾生為一體,本來都三界六道輪迴流浪的眾生,何必相煎太急,咳…咳……,今天偶為狗,明天可能為人,而人也有可能下世為狗,所以呢?大家還是互相尊重一下比較好,不要以為偶們看起來憨憨的、傻傻的,就隨便欺侮偶們、吃偶們,這樣素不行的啦……,堂堂五呎以上…偶是男子漢…,豬不豬道不可以欺侮偶們啦!!總之…總之…

好了,今天節目就到此結束,拜 拜!

Summary:

Dear Sir! After you heard these two stories of animals, you knew that the sentiment of animals is as great as human beings! Hopefully, these touching stories would evoke the esteem of animal rights from human society. Moreover, makes human love animals. Animals have feelings and tears as human do. Buddha said: all beings are in one. We are living beings of the Three-realms. We should love each other. Today, it is a dog. Tomorrow, it may transfer into a man in the coming existence. On the other hand, it is possible for a man to transfer into a dog in next life. Therefore, we had better respect other beings. Don't think that animals are stupid and insult them as you wish. This is wrong. If we are real men, we shouldn't treat animals with evil! That's all about it!

OK! This is the shows for this time. Good bye!

時問維·刻刻砥礪

Always think deeply, always discipline the mind

書籤是內心永恆的珍藏 摯手的伴隨 不管歲月的變遷 曾經是最深刻思維和砥礪

A bookmarker is a forever-treasured in the heart and it would accompany you earnestly.

Despite the time comes and goes, it can be the deepest thoughts and efforts.



To practice abstinence from meat is a virtue



Eating meat loses a man his great compassion nature

Vegetarians' Motto



Listen to the cries of dying animals from the butcher's house at midnight.

You shall see why there are so many wars in the world.

欲知世上刀兵劫

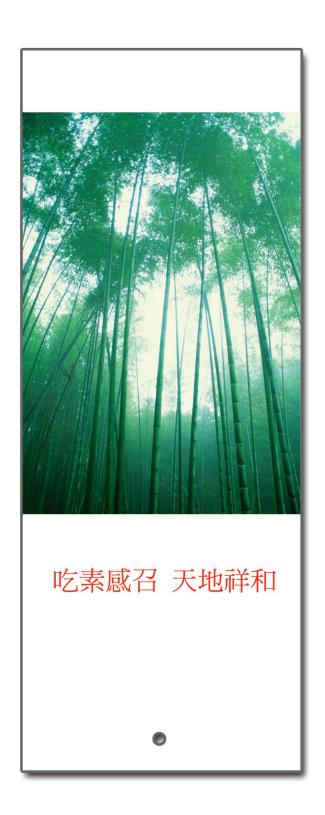
但聞屠戶夜半聲



吃素

心安理得

素食座右銘

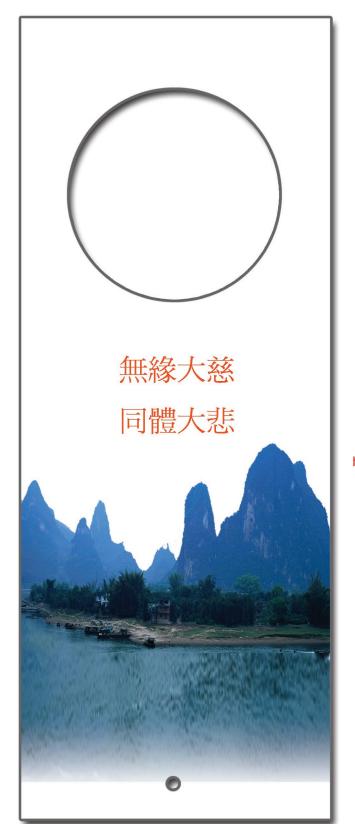




Eating no meat brings the universe peace

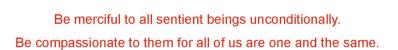
Everyone has a heart of compassion

Vegetarians' Motto





To practice abstinence from meat helps you become healthy, beautiful and have peace of mind.





All living beings is a whole. All beings are created equal.

素食座右銘



Being kind to all living creatures brings all the auspiciousness

Vegetarians' Motto



Eat vegetable diet, have a sense of pity, and happiness, longevity, good health and a tranquil mind will be with you.



As you eat meat, so shall you repay.



If all sentient beings love each other, the world will be in peace.

遠離文明病朝向心靈改革

Go away from modern disease, and face spirit reform

由於人類的過度消耗、濫墾與污染環境,嚴重破壞地球生態,在全球各地紛傳氣候反常、疫情猖獗的今日,人們面對環境的考驗日趨嚴峻。因此,回歸自然-提倡心靈改革,變成最重要的流行課題。

While appearing abnormal climate and lots of epidemic worldwide today, People must face severe tests from environment more and more due to over consumption, over cultivation, and environment contaminated by human. Therefore, it is the most popular topic for us to return nature and advocate spirit reform.



文Article / Vivienne 譯Translator / Free 美編Art Design / Meorl

二十一世紀是素食主義的世紀

近幾年來,世界各地陸續發生一些動物的流行病,先是歐美的狂牛症,台灣部分城市豬群口蹄疫病,美國印地安那州部分豬群感染狂犬病,香港的雞傳染禽流感病,為此被撲殺的牛、豬、雞等動物,無以計數,令人心驚膽寒;甚至,二〇〇三年自中國大陸傳出的SARS病毒等,經研究可能是人類食用的果子貍變種病毒而來,那時造成越南、中國、香港、新加坡、台灣等東南亞地區的恐慌,如今回想,仍令人心有餘悸,當時人們不僅減少食肉,更開始了對飲食習慣的省思。

經過二十世紀「肉食主義」的鼓 吹盛行、加工等精緻食物的講究,衍生 的世界文明病,如癌症、心臟病、中 風、糖尿病、痛風、罕見病症紅斑性 狼瘡等疾病,正嚴重威脅著現代人的身 體健康。人們都知道物極必反的道理, 正因如此,人們亦開始思索如何免於世 紀流行病的恐慌、如何吃出健康、活得 健康,許多國家的研究顯示,證明最健 康的飲食方式是多吃植物性食物(蔬 菜、水果、穀類等),少吃動物性食物 (魚、肉、蛋、奶製品等),高脂肪含



Twenty-one century is a vegetarian century

Over the previous a few years, animal's epidemics occurred one after another at many places of the world. First, cow infected encephalopathy in Europe and American; second, pigs infected plague in some cities of Taiwan; more pigs infected hydrophobia in the Indiana of American; fowl infected flu in Hong Kong. So many animals were killed for those diseases. The dead number was hard to count, that made us scare. Even, in 2003 viruses of Severe Acute Respiratory Syndrome (SARS) appeared to spread from China; the SARS comes from changed-type viruses of palm civet after research. The disease made people panic in east-south Asia such as Vietnam, China, Hong Kong, Singapore and Taiwan. When we look back over the passed situation, it still makes us have a lingering fear. At that time, people both start to decrease meat diet and start to think about their diet's custom.

The carnivorous concept has been advocated and to be popular from Twenty century. People are particular about dainty and processed food, which have derived civilized diseases like cancer, heart disease, stroke, Diabetes, Gout, and rare Lupus erythematosus, etc. These diseases are threatening people's health. People are aware of that things will develop in the opposite direction when they become extreme. That's why people start to think about how to keep from the panic for century's epidemic, how to eat and live for health. The research from many countries' reports proves that the most of health diet is to eat plant's meal (vegetables, fruits, and cereals), not to eat meat meal (fish, meat, egg, and milkmade food), and especially not to eat high-fat food. On the other hand, so many scientists

素食新時代



量的食物尤其要少吃; 更有許多科學的研究顯示, 實行素食的人, 不論耐力、體力, 甚至壽命都遠長於葷食者, 得癌症的機率亦較葷食者低。

從各國吃素人口逐年增加的情形, 而且年齡層有下降的趨勢,如英國有將 近四分之一的人口茹素,台灣有素食者 天堂的美喻,美國有37%的青少年選擇 戒葷食,中國北京亦有一股素食主義的 力量正在興起,可見素食在美國等西方 國家及中國、台灣已成時尚,二十一世 紀是素食主義的世紀已見端倪。

均衡的飲食造就平衡的環境

從經濟的觀點看素食的優點:為大量肉食須將人類原來可食用的穀類和黃豆餵養牲畜,相當於用十六份的穀物,才能換取一份肉食用,反推其土地使用需求,一個肉食者所需土地,約為奶蛋素食者所需土地的六點五倍,更為純素食者需求的二十五倍,為了吃肉更多用了十二倍的水量,使得水力發電供應不足,被迫另尋其他更昂貴、更複雜、更污染的發電方法,結果不僅提高了發電

research to approve that the endurance and vigor for vegetarian is better than meat-diet person; besides, the life span of vegetarian is longer than meat-diet person; the chance of getting cancer for vegetarian is lower than meat-diet person.

Now the number of vegetarian has increased year after year, and the ages become young is a trend. For example, there are a quarter of British people to be a vegetarian; Taiwan get a good reputation ---- vegetarian's heaven; there are thirty seven percent of teenagers to give up meat diet in American; a force as a vegetarian is rising. So, it proves that the vegetarian is a trend in Eastern country and China and Taiwan, and could be seen an outline for that twenty-one century is a vegetarian century.

Balanced diet creates balanced environment

If we could be from economic points to look the merits in vegetarian, we will find that: First of all, people use the amount of cereals and soya beans to feat animals for meat-diet people, that means sixteen sets of cereals could be exchanged a meal for meat-diet people. From this concept, we would know that the demand of land's use for meat-diet people is six and points five times of milk-egg-vegetarian, and it's twenty-five times of pure vegetarian. In order to eat more meat, used water volume is twelve times than vegetarian; then the supply of hydraulic electric generating is short. People are forced to find another way for generating electric power that is more expensive, more complicated, and more contaminated. The result is both to increase the cost of generating electric power and to raise the social cost. People would think about another issue: For 成本,更大大地提高了社會成本;另一個必須思索的問題是,人類為了吃肉, 將大部份耕作收成的農作物餵飽牲畜, 卻讓世界貧窮落後地區的無數人口處於 挨餓狀態。可見,趨向素食主義的經濟 模式是對人類較有利的。

從環保的觀點看素食的優點:許多 豬圈、牛圈、養雞場或飼養其他牲畜的 地方排放出的糞便、污水不僅污染了水 源,經研究指出,從糞池糞堆中釋出大 量的甲烷,這種氣體更是直接導致全球 氣候暖化的因素之一; 為了大批量產食 用家畜,產生的垃圾和消耗的糧食,已 經超過了人類可承受的限度了,唯有人 類降低對肉食的依賴,方能阻止畜牧業 引起地球資源耗竭與污染的繼續擴大。 除了水污染和空氣污染之外,人類為了 滿足口腹之慾、擁有漂亮皮毛的動物慘 遭減絕,使許多動物瀕臨絕種,表面上 雖然物質文明蓬勃發展,卻也使得地 球滿目瘡痍,嚴重地影響地球生態的平 衡,而大地反撲的力量是很可怕的,不 得不慎深思量啊!



the sake of meat, most of crops cultivate harvest to feat animals, but numberless persons have starved in poor and lag behind reality of the world. On the above points, we could see that it's beneficial to reach to the economic pattern of vegetarian for human beings.

If we could be from environmental points to look the merits in vegetarian, we would find that: First, many places like pigpen, cow farm, chicken farm, and other farm release feces, so the sewage contaminated the sources of water; the dunghill and manure pie released amount of methane, and after research the released gas could cause climate warming in global which is one of factor to effect global warming. Second, for the purpose of producing the amount of domestic animals, bringing more garbage and expending grain have exceeded the borne limit for human beings. Only decreasing the depending of meat could stop world's resources to exhaust and continuously expand pollution. Besides, many animals are devastated and endangered species because of to satisfy people's appetite and own beautiful fur. Seemingly, although materials and civilization have been prosperous, it has made the earth devastation, and effected ecological balance seriously. The earth will pounce on people again after being devastated, and the pounced power is quite terrible. Human beings have to think deeply.

The most natural, healthy and simply organic diet

The organic diet is a preventing medical science that put emphasis on coexisting between human beings and nature. Human beings shouldn't contaminate and destroy ecological environment, water resource, and air; organic diet shouldn't substitute western medicine

素食新時代

最自然、最健康、最簡單的有機飲食

有機飲食是一種強調人與大自然 和平共處的預防醫學,主張人類不應污 染糟蹋生態環境、水源、空氣,不應越 位取代西醫或中醫,而應定位為透過均 衡飲食達到身體體質酸鹼平衡、陰陽平 衡、寒熱平衡的一種飲食養生法。 有機 飲食並非指生吃蔬菜,而是指不吃動物 性食品,也不吃基因工程改造的食品, 不吃精緻加工食品,改以吃未經污染 (包括添加化學物質、化學肥料、輻射 或冷凍保存的食品)的有機蔬菜水果、 穀類、海藻類等,秉持飲食中少油、少 鹽、少糖的清淡原則,並力求食物的多 元化,多攝取五顏六色的天然食物,多 吃新鮮、無污染的粗纖維質食物,降低 體質酸度,才是吃出健康的不二法門。

現代的上班族,生活總是忙忙碌碌,加上過多的應酬,外食的情形居多,想在家享用一餐健康美食,是多麼的難得,但為了不讓「健康」成為我們的奢侈品,在外用餐更應審慎選擇,而有機飲食的概念,是絕佳的良方哦!好好善待我們的人身寶,選擇多食用自然、健康的蔬果,我們的身體就會回報以輕鬆、健康、活力、與無病一身輕的快樂。

美麗素食心--年輕不是夢

素食主義其實是一種心靈革命, 不管是基於環保主張的「環保素」、 基於人道理由的「愛心素」、基於宗



and traditional Chinese medicine, and it's a dieted way through balanced diet to keep in good health; it also could improve our immune system to balance acid and alkalinity, or cold and hot in our body. Organic diet doesn't point to eat flesh vegetables, but points that not to eat meat-diet and the diet that the gene has been reformed, and not to eat dainty and process food. We should eat more organic vegetables, fruits, cereals, and seaweed, which are not contaminated by adding chemical material, or chemical manure, or being reserved by radiation and freezing. In this diet, the rules are less oil, less salt, less sugar and light; the food could be diversified, colorful, and flesh. No polluted foods with coarse fibers are the best choice. These diets could decrease the acid in our body. It's the one way to keep in good health.

In modern life, people are always busy for jobs and engaging in more social activities. They usually couldn't enjoy healthy meals at home for the most part time. However, to not let "health" become our luxury, so we should choose healthy diet with organic sense when we have to eat outside, that's the safe way to choose healthy diet. We should treat well our body, if we pick natural and healthy vegetables,

教理由的「宗教素」、基於美容理由的「美容素」或是基於健康理由的「健康素」,只要是吃素,慢慢地,就會將吃素清淡、平淨的心境,融入生活的態度中,若加以心念的轉變,凡事以「同體大悲,無緣大慈」為發心,自會相由心生,內心的清淨自在法喜,自然永保豁達快樂的心。

愛因斯坦提及:「沒有什麼能夠 比素食更能改善人的健康和增加人在地 球上的生存機會了。一個只關心自己並 視周圍其他生靈毫無意義的人,其生活 不會健康和快樂的」。中國南宋愛國詩 人陸游,到了八十歲高齡,依然鶴髮童 顏、步履強健、耳聰目明,仍能「花前 自笑童心在,更伴群兒竹馬戲」,返老 還童般的外貌與心情。證明了,素食者 的身體代謝狀況較佳,老化速度較慢, 較少病痛,較長壽,心境較平和,較易 保持年輕的外貌,哇!這麼多的好處, 快快加入二十一世紀素食主義的行列!



our body will repay relaxed, healthy, energized happiness without taking sick.

With beautiful vegetarian mind, youth won't be a dream

Vegetarian doctrine is a kind of soul's revolution no matter what the reason; the reason may be based on protecting environment to be environmental vegetarian, or based on humanity to be mercy vegetarian, or based on religion to be religious vegetarian, or based on beauty to be beautified vegetarian, or based on health to be healthy vegetarian. As you start to be a vegetarian, the light diet and calm mind would be joined your life. If you also change your mind to be compassion for human beings and be mercy for all beings, your appearance will be altered due to your joyful mind. Then you will always keep in happy and open-minded.

Albert Einstein (1879-1955) who was a physicist once mentioned: Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet. The man who regards his own life and that of his fellow creatures as meaningless is not merely unhappy but hardly fit for life. Lu You, a patriotic poet in South-Song dynasty of China, still had young hair like a crane and good appearance like a baby when he was eighty years old. He walked with great power, and his ear and eyes are still healthy. With renewing his youth, he could laugh in front of flowers and could play bamboo house with children. It proves that vegetarian have better metabolism, maturing slowing, and less pains. Vegetarian also can have longevity and keep in calm mind and youth. There are so many benefic, why don't you join vegetarian!

素食的多重利益 Multi-benefits of the Vegetarian

青春美麗看的見 健康長壽不難做到

To win youth, beauty, health and longevity

美麗的秘方在於細胞的年輕,細胞的老化和食物有著密切關連 鹼性食物,可使血液保持鹼性,使人清爽、精力充沛

The secret of beauty is to have young cells.

The ageing of cells has close relation with the food.

An alkalinity-food can keep the alkalinity of your blood and makes you feel fresh and full of vim and vigor.



文Article / Jade 譯Translator / free 美編Art Design / Millisa

炎炎的夏日到來,正是選擇素食 的好時候。青翠可口的蔬菜、垂涎欲滴 的水果,吃來爽口不油膩,清香而充滿 大自然的原味。無論是清爽的生菜沙 拉、涼拌黃瓜、水煮花椰菜,是拌橄欖 油或是原味清燙,都有其獨特的好滋 味!

「吃素很好,我知道,可是會不 會營養不夠啊?」常常會聽見朋友們這 麼問著,其實對長期吃素的朋友而言, 都知道只要吃的對,茹素對人體有太多 的益處了。身體、心理上皆會有大幅度 的改善,營養不足絕對不是因為吃素而 導致的,當我們真的深入了解後一定會 有不同的想法。

說來說去,既然茹素有這樣大的 利益,何不就讓我們認識一下究竟有哪 些利益吧!

Hot summer is coming and it's good time to become a vegetarian. Vegetables are fresh and green. Fruits are delicious. Vegetable foods are less-greasy, fragrant and full of natural flavor. Uncooked vegetable and salad are cool. Cold cucumber with dressed sauce, waterboiled cauliflower dressed with olive oil, waterboiled plain vegetable and so forth, all of these are distinctive and good to taste!

"Vegetable foods are delicious but do it cause a malnutrition problem?" I heard this question all the time from mr friends. In fact, most of my friends who are long-term vegetarians know that we need to find a clever manner to become a vegetarian. Then, we can have all the benefits of vegetable foods. Your body as well as mind will be improved substantially. A malnutrition problem is not casued by the foods but the manner. Therefore, we have to study the manner in order to get a suitable understanding.

As vegetable foods have great benefits, let's learn about it together!

〈健康上的利益〉

美國約翰霍布金斯大學有一位權

<Benefits in Health>

There is an authoritative professor of the Johns Hopkins University in USA said, "If a meat-eater can eliminate the meat completely from his daliy meals, he will find that it is no



威教授說過:「一個平常吃葷的人,若能在他的飲食中完全除去肉食,必定是有利而無一害的,因為肉食最容易讓腸子潰爛,其他食物並不如此」。這位教授就是首先發現維他命A和D的麥可倫氏。這位崇尚科學的專家,相信他是認真的實際研究過葷食對人體影響的。接下來,就讓我們介紹一下吃素在身體及心理,以及茹素對社會及世界的影響吧!

在對於身體的利益上,大致可以例 舉以下幾類:

心血管方面

《牛津素食研究》顯示,生活習 慣相同的素食者與非素食者相比,前者 死於癌症的機率低了40%。另有不少研 harm at all to become a vegetarian because eatmeat may cause the intestines easy to fester while vegetable foods never cause that problem." This professor is McCollum who discover vitamins A and D too. He is a specialist who always advocates science and he has practical and earnest researches on the subject of the influence of the meat-diet on human body. Next, let's study some influences of vegetable foods.

The benefits in health are the following:

Cardiovascular system

The Oxford Vegetarian Study said: comparing the vegetarian with the meat-eater who have similar livelihood and other habits, the former have a less chance up to 40% to die in cancer. Some other researches have proofed that as vegetable foods have no cholesterol and saturated fat, a vegetarian is the healthiest man if he has a normal daily life as well as regular exercises. Your organs really don't have to keep

究證實,素食絕對不含膽固醇與飽和脂 肪,只要加上正常的起居、多運動,您 就是最健康的人了。身上的器官,不必 再為吸收那些難消化的肉、肥油而疲於 工作。心臟血管疾病也就遠離我們了。

另外脂肪提供人體熱量,過去人 們總以為只有肥肉是脂肪,其實,有 些植物中的脂肪含量也很豐富,如核 桃達66.90%;花生達48.70%;芝麻達 48.23%; 黃豆達20.20%; 脂肪酸共有 13種,動物性油脂中含6種,植物性油 脂中卻含全部,且動物性脂肪為飽和脂 肪,膽固醇含量高,易引發血管硬化、 高血壓、心臟病,並利於癌細胞繁殖; 植物性脂肪為非飽和脂肪,能促進膽汁 酸排泄,減低膽固醇,避免心臟病和各 種心血管疾病。因此, 茹素不僅營養且 可以預防疾病,單純攝取動物性食品, 反而易營養不良且易罹患心血管方面的 疾病。

避免肉類的毒素

每天我們所吃的食物經過了消化, 在體內有二大重要的「工廠」負責化解 食品中的化學物質及毒素,就是肝臟、 腎臟。這二個器官機能的健康對於身體 正常的運作有十分關鍵的地位。

在著名的廣化法師所著《素食的

constantly on the run of meat-digesting and fatburning. Therefore, the heart disease and angiopathy will go away from you.

Fat provides calorific capacity for human. We used to think meat-fat provides good fat. However, some vegetable foods can also provide fat such as walnut can provide 66.90¢H, peanut 48.70¢H, sesame 48.23¢H and soy beans 20.20¢H. Fatty-acid has 13 sorts. Meat-fat has 6 sorts of fatty-acid. Vegetable-fat has 13 sorts. Besides, Meat-fat is saturated fat that has high cholesterol and would cause diseases such as vascular sclerosis, high blood pressure, heart disease and cancer. Vegetable-fat is unsaturated fat that can help bile to drain, cholesterol to reduce, heart disease to prevent and cardiovascular system to improve. Thus, vegetable foods can prevent disease. On the contrary, meat foods may cause malnutrition and make you easy to get cardiovascular disorder.

To avoid toxins in meat

There are two important "Factories" that are in charge of the digesting work in our body and they are liver and kidney. These two organs stand at the key position of health.

A famous Buddhist master Guang-hua said in his book "The Benefits of Vegetable Foods" that there is a famous French chemist called Tiande said in his report: meat can cause chronic poisoned. Meat from pig, sheep, chicken and duck and before these animals been killed, if they feel nervous, angry or frightened,



素食的多重利益 Multi-benefits of the Vegetarian

利益》中提到:法國著名化學家建德的 報告,他發現肉食是一種食物的慢性 中毒,因為肉類食品的來源,來自豬、 羊、雞、鴨等動物。而動物在情緒緊 張,或生氣及恐怖的時候,體內會產生 一種毒素分泌物,迅速傳遍全身的微細 血管及肌肉內,這種毒質的分泌物,通 常都藉肉體新陳代謝的作用,排出體 外;或是藉大小便流出身外。若是這個 眾生正在恐怖或憤怒之時被殺死亡,身 體器官停止活動,這種毒質的分泌物沒 有排洩出去,便殘存於血肉之中,若是 食這種肉類,亦就引進這些毒素,所以 食肉就等於慢性中毒。曾經有人試驗 過,動物於憤怒或恐怖時,身體內部產 生的這種毒質分泌物,如果用玻璃管吸 取出來,只要一支香煙大小的毒素,就 可以毒死一個人。

毒素若長久累積在體內,會造成 肝、腎的衰竭,因而造成了惱人的病 痛,啃蝕著生命。可見得素食對於人體 是較好的選擇,不會攝取到肉食中的毒 素,容易保持健康。

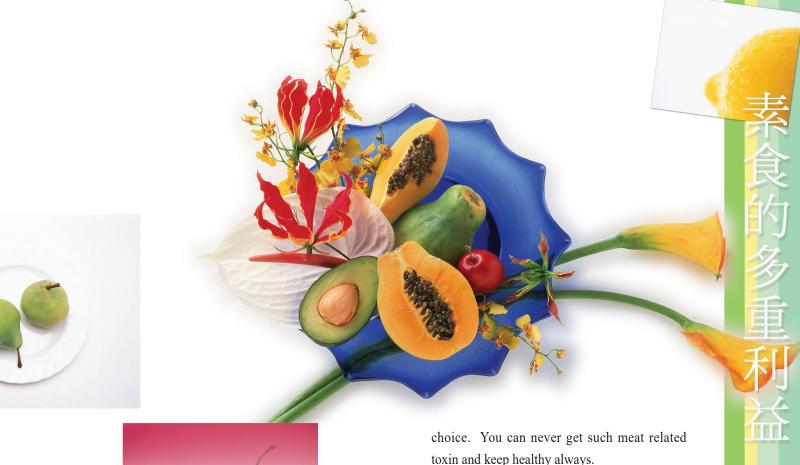
聰明又美麗

要使人的頭腦活動良好,營養素中絕對不能缺少麩酸(麥胺酸)、維他命B1,B6,B12及泛酸,以及含氧充足的新血液。但在肉食中,則極難找到麩酸。又這幾種維他命,雖可在體內自行製造,但如果多吃肉類以後,血液呈酸性時,則會影響製造維他命的任務。

their bodies will produce a toxic secretion. This toxic secretion will spread to blood capillary and muscle very fast. However, the toxin can be eliminated by metabolism or night soil and urine as well if there animals keep alive. On the contrary, if these animals were killed by terror and anger and the organs stop working right away, the toxin would keep within the meat without drain. When men eat the meat, the toxin comes into the men's body at the same time. Therefore, to eat meat is chronic-poisoned. Once people ran a test that kill animals and despite their anger and terror and then collect the toxin in the meat. Suck the toxin out of the meat. About a tube of this toxin as the volume of a cigarette, it can poison a man into death.

If the toxin accumulated within the human's body the liver and kidney would be collapsed. Then, the sickness would suffer your life. Therefore, to be a vegetarian is a good





因而素食者能夠攝取到營養價值 高的許多B群的維他命,頭腦也因為血 液不混濁而易呈現清明的狀態。例如, 人們在吃完大魚大肉時,總常感到疲憊 且頭腦運作不靈活的情況;但是素食反 之。歷史上著名的天才,愛因斯坦及蘇 格拉底皆是素食者,他們的頭腦可說 是令人稱羨了,而他們正巧皆是素食 者!!

美麗的秘方在於細胞的年輕,這可 是大家都關心的話題了,每年人們花費 在美容的預算真是驚人,只要有新的產 品標榜著重返青春,都深深吸引著大量 的消費人口。

但是細胞的老化和食物有著密切 的關係,若是食用青菜、水果等鹼性食

toxin and keep healthy always.

Clever and beautiful

In order to have a clever mind, you definitely need glutamic acid, vitamin B1, B6, B12 and pantothenic acid as well as new blood that contain enough oxygen. However, it is difficult to get glutamic acid in meat. Although your body can produce vitamin B1, B6 and B12 automatically, this function will be negative influenced by the acidity of blood when you eat too much meat.

Therefore, a vegetarian can always get variable nutrition such as vitamin B group. Besides, the brain and mind of a vegetarian can keep clear and bright because of the blood never getting turbid. For example, when people ate a lot of fish and meat, they may feel exhausted and the mind becomes stupid. On the contrary, a vegetarian get the same problem. In history, some genius such as Einstein Albert and Socrates are both vegetarians!!

The secret of beauty is to have young cell. This is a hot topic. People spend a lot of money per year to improve the looks. As long as a new beauty product comes to the market, it can always attract people to buy it.





物,可使血液保持鹼性,血液呈現清 而不濁,使人清爽、精力充沛、富於耐力、腦力敏捷,細胞不易老化可長壽。 豆類肉食則是酸性食物,使得細

反觀肉食則是酸性食物,使得細胞呈現酸性,造成細胞的老化,這對於想要擁有青春肌膚的條件是一大忌。因此,吃素不但可以頭好壯壯,還可以青春美麗,並且省下好多的保養品預算唷!

當然,另有許多吃素對於身體的利益,都一再的証明了,許多的飲食觀念需要修正-食補是最好的健康基礎,而吃素才是最佳的食補。

〈心理上的利益〉

除了吃的健康,心理更要健康,心 裡不健康就會產生錯誤知見。知見可以 說就是人生價值觀、生命觀、宇宙觀的 指南針。觀念若偏差,想錯方向了就容 易有煩惱,就易活在錯謬的念頭中,嚴 重的話還會形成憂鬱症、躁鬱症...等 等疾病。

一切都是由心開始,都是心造成了



However, the aging of cell has close relation with foods. If a man uses to eat green vegetables, fruits...... alkalinity foods, his blood can keep alkalinity too. As the blood is clean and clear, he feels fresh and cool, full of vim and vigor, wealthy of endurance, having a quick brain and the cells have less capability to be aging. Therefore, he may be longevity.

On the contrary, meat is acid food and it makes your cell also become acid. Therefore, the cell would speed up the aging. This is definitely no at all for the young skin and flesh. Thus, to be a vegetarian can make you clever, strong, young and beautiful. Besides, it also saves your money to buy beauty products.

The benefits of vegetable foods are more than that and it have been proofed again and again. Therefore, you had better modify your food and drink ideals —— the best basement of health is good diet and vegetable foods are the best diet.



之後的行為。心安則身體安,心不安會 引起身體疾病,佛法有「心淨則國土 淨,一切唯心造」此道理,所以心理健 康則身體健康,環境也會健康。有了這 樣的概念後,我們去選擇日常中的事 物,包括食物這樣的小環結,自然會趨 向於較潔淨及容易讓人平和的食物。而 什麼食物可以讓心情平和呢?

首先我們看看大自然的動物,溫 和的牛、羊皆是素食,而脾氣兇猛的 虎、豹則是肉食性的動物。答案就是; 食物會影響眾生的性情,所以在選擇食 物時千萬不可不慎。

當我們吃著五穀蔬果,和我們啃 著動物的身體,這是多麼截然不同旳畫 面啊!「食肉斷大悲種」真是千真萬 確。吃素可以讓我們在心靈上長養慈悲 心、柔軟心,若心能保持在這種舒服且 清明的狀態,自然也就不會隨著黑暗的 念頭相應了。

<Benefits in Psychology>

Besides the eating health, you still need psychological health. An unhealthy psychology would lead a misunderstanding in knowledge. As knowledge may influence the values of life as well as the world view, it is important. When the ideal has been deviated to a wrong direction, worries come for sure. If a man lives within wrong ideals for a long time, he may get melancholia, manic-depressive psychosis and many other diseases.

All are from the heart. The wrong or right of mind would always lead the deeds. A peace mind brings a peace body. An ill mind would cause diseases. There is a saying in Buddhism: "A pure heart brings pure land. All are caused by heart." Therefore, mental health would bring physical health as well as environmental health. When you know about these ideals, you should adjust the daily life properly such as the diet matters. Naturally, you will choose a clean, pure and peace foods. What kind of food can make you feel peace?



一顆清明的心,在思考及判斷上 就能夠周詳,並選擇正確,殊為日理 萬機的現代人十分需要。而一顆慈善 的心,更是珍貴重要,它可以利益自 己的生命,也可以利益他人,真是具 有多重的價值。

素食對社會及世界的利益

何以說素食和社會及世界也有 關連呢?在過去人們的觀念總是停留 在國家的階段,可是真相是世界的每 一個地方都有著密切的關連。例如: 台灣的颱風次數和南極的冰山融化有 關,巴西的雨林與全球的氣溫有關。 因此要看就看整體,才不會見樹不見 林,看不到真相。

一些研究報告指出:「每製作一個漢堡包,就要砍伐掉相當於一塊廚 房大的熱帶雨林。」

中美洲的瘦肉型菜牛個大肉多, 90%出口到美國,美國速食業風靡世 界,卻以中美洲成片的森林被夷平, First of all, let's notice some phenomena. Animals such as cattle and sheep, they are basically good temper and eat vegetable foods only. Animals such as tiger and leopard, they are fierce and meat-eaters. The answer is that foods would influence the temper of an animal. Therefore, when you are choosing a diet, you are choosing your temper as well. You have to be careful.

Men are eating grains of all kinds and fruits and men are eating animal's bodies, they are pictures having significant difference! It is absolutely true that "eat meat would cut off the root of mercy." To be a vegetarian can also grow your mercy and compassionate mind. If one can keep oneself within this clear and bright condition, he would never think anything evil when the darkness comes.

When you have a clear and bright mind, you would be able to think and judge properly and completely. Then, make a right choice. This is very important especially for a modern people who have to handle numerous affairs every day. A mercy mind is much more important and valuable at all. A good intention can brings benefits for you and others as well.

改型為牧場為代價。為不斷提供速食 用牛肉,二十世紀70年代以來,中美 洲已有2000萬公頃的熱帶雨林消失。 而雨林中蘊存的生物不在話下,尚有 全世界3000種抗癌藥,其中70%是蘊含 在熱帶雨林裏的。

雨林的消失導致了生物多樣性喪 失、地球氣候升溫等一系列災難;可 以這樣的比喻:吃一塊牛排對地球變 暖的影響,相當於一輛小車行駛兩英 里。我們的嘴啃蝕著肉食,也同時啃 蝕著廣闊的森林、海洋及草原。

另外,把我們本可食用的糧食作 為飼料再去生產加工,養殖畜牧業, 在能量上是不經濟的,可養活的消費

者數量大打折扣,舉 例,我們用100斤黃豆 餵豬,能回收12公斤豬 肉,為了吃肉,我們浪 費了90%左右的食物。 還要以多出10倍的土地

來耕種,為了足 夠的耕地,人類 便要開墾草原、 森林,而不去顧 及大自然的生態 平衡。

近年沙塵暴 頻頻,荒漠化嚴重,原因 何在?究竟是誰破壞了草 原植被, 導致生態退化? 答案是我們的嘴!過去, 我們總把罪責推到羊的

Benefits to the Society and World

What makes eating-vegetable-foods have relation with the society and world? In the past, men think there is nothing can go beyond the boundary of a country. However, the reality is that the whole is all close related. For example, the melting iceberg in the South Pole may have relation with the typhoons in Taiwan area. The rain forests been cut may have relation with the global temperature. Therefore, we have to see a matter in the whole in order not to see the wood for the trees.

There are some researching reports mentioned, "To make a hamburger, you need to cut down rain forests about the area of a kitchen size."

The cattle in the Central America grow

big and have a body of good meat. About 90% of these cattle are exported to USA. When the American fast food overwhelms the world, the forests in the Central America are cut down completely to change to rangelands. Since 1970, the

continuously supply of beef already cause over 20 millions hectares of tropical rainforest been leveled down. There are over 3,000 kinds of anticancer drugs in the world. However, about 70% of these drugs are grown in the tropical rainforest. Besides, there

> are numerous other creatures live in the rainforest too.

> Therefore, the dying of the tropical rainforest would cause the biodiversity turns fail. Then a se-





素食的多重利益 Multi-benefits of the Vegetarian

頭上,事實上,是因為人們為滿足肉食 消費而飼養了太多的禽畜,現在,全球 飼養的牲畜量是世界人口的三倍。大量 畜禽生產造成的環境污染和生態破壞日 益嚴重。1992年聯合國大會通過的《21 世紀議程》指出:「地球所面臨的嚴重 問題之一就是,不適當的消費和生產模 式,導致環境惡化、貧富加劇和各國的 失衡發展。」

動物身體中排泄出大量硝酸鹽、 農藥、生長素、抗生素等化學毒素, 滲透到土壤或流入河川、湖泊,滲入 地下水,不僅污染水體,更危害我們健 康。在一些先進的國家,同樣有著這 些隱憂,例如:荷蘭的畜禽飼養業十分 ries of catastrophe such as global warming may occur. We may image that to eat a beefsteak can warm up the earth just as a car drives for two miles. When men eat meat, actually, they are eating up our forests, oceans and grasslands.

Besides, to make the men-eat grains to become feed and develop the livestock industry is not economic in the energy point of view. This activity reduces the number of consumer a great deal. For example, men use 100 kilograms of soy beans to feed pigs can only retrieve 12 kilograms of pork. In order to eat pork, we waste about 90% of foods. Meanwhile, to eat meat needs 10 times of cultivated land to grow feed. To cut down forests would simply make we lose the balance of ecological system.

In recent years, sand storms and desertification become more serious. Why is that? Who













發達,被歐洲共同體稱為「糞肥過剩 區」,其糞肥對大氣的污染比汽車排放 還多,糞便中的氮和氨以氣態形式進入 大氣,甚至形成酸雨,一頭牛每天打嗝 放屁所產生的甲烷氣體約200升,看來 微不足道,但全球有15億頭牛,那影響 可就大了。

因食肉導致了這麼多的環境問題, 所以有些人選擇吃素是為了保護地球生 態,用行動表現出他的良知,然後再去 呼喚別人的良心,而直接吃素的確是強 有力的行動了。

一塊用來養活30個素食者的土 地,只夠養活一名肉食者

WHO提供的資料,全球平均每年餓 死的人口達300萬。2000年因缺糧,造 成的死亡人數達340萬。這樣貧苦及富 裕不平均的情形,若能改善將是多好的 事啊!

如果我們減少10%的肉食程度,就 相當於省下1200萬噸糧食,使6000萬人 免於餓死; 如果我們把飼養家畜的糧食

destroy the grasslands and cause ecology degradation? The answer is "men's mouths!" In the past, we thought the sheep should be blamed for that business. In fact, it is men who breed livestock in the first place. Nowadays, the number of livestock of the world is over 3 times of human population. Such great number of livestock may cause serious pollution problems as well as ecological damages. In 1992, "The UN Millennium Development Goals" said: the earth is facing a serious problem and that is the unsuitable consuming and producing manners are causing environmental degradation, the great disparity between the rich and the poor, and the disequilibrium between different countries.

The excrement of animals contains a great deal of nitrate, insecticides, hormone, antibiotics and other chemical toxins. When these toxins infiltrate into soil, rivers, lakes and groundwater, they simply contaminate the water bodies and make our health in great danger. Even in some modern countries, they have the same problems. For example, Netherlands has a well developed livestock industry. The European Community use to call her as "the area of over manure". The manure can pollute the atmosphere more than the motor vehicles have done. When the nitrogen and ammonia of excrements go into the atmosphere in the gaseous state, it may cause acid rain. A head of cattle can produce 200 liters of methane by its daily hiccup and fart. It seems not worth mentioning in the first place. However, the earth has over 1.5 billion heads of cattle live on her. The influence of that is just great.

As meat-eating cause a lot of environmental problems, therefore, there are many people switch to become a vegetarian to protect the earth and environment. They use their practical acts to show their intuitive ability to know right

素食的多重利益 Multi-benefits of the Vegetarian

都省下來,救濟饑民,全球就能有至少 5億人免遭饑謹。

看到了許多事實,自己的心隨之起 伏,原來在世界有許多的眾生只因為一 個觀念,共同付出了這麼多的代價。雨 林中的生靈,草原中的曠野之聲...但 是犧牲他人的結果是:大家都得承擔此 慘痛的代價。

結論

由以上的報告,可以得到一個結論 一吃素的利益真的很廣,不僅對自己、 對世界也同樣有利益。我們可以讓自己 過得好一些,也可以共同努力讓這世界 好一些,真是一舉數得啊!

若是您也同樣心動了,那就不如馬 上行動吧!吃出安心、吃出美麗、吃出 健康、吃出環保,你將立刻成為人人喜 愛、動物歡迎的慈悲實踐者唷!



or wrong. Next, they will call other people to become vegetarians too.

A piece of land that grows foods for 30 vegetarians can only serve a meat eater

According WHO's records, there were 3 millions of men hungered to death per year on earth. In year 2000, about 3.4 millions of men were died by hunger because of food deficient. Such a disparity problem between the rich and the poor, we hope men can solve it together!

If 10% of men don't eat meat, then, we can save 12 millions ton of food provisions for 60 millions of people to prevent hunger to death. If we save all the animal feed for hungers, then, we can save 0.5 billions of people from famine.

There are many facts in front of you and we should think all over them. Only the ideal of meat-eating can change the world completely. The price is too high. The creatures in the rain forests as well as the voices within grasslands, they are dying for men right now. Finally, we have to take the whole responsibility with deeply grieved.

Conclusion

According the above analysis, we may have a conclusion: to be a vegetarian and bring great benefits for yourself and the world. Besides, we as well as the world can have a better life. This is great!

If you agree, do it right away! Vegetable foods can bring you peace, beauty, health and environment. Everybody would love you and animals welcome you. You will be a practitioner of mercy and compassion!







養生素食補給站

Healthy vegetarian supply station

在現代繁忙的社會當中 如何讓身心保持平衡和諧 如何有利身體機能 增加免疫力 減少文明病 養生素食 是您最佳的補給 Busying in modern society,
How to let body and
mind keep in balance,
How to let body's function
increase immunity,
Healthy vegetarian diet is
your best supply
for reducing modern diseases.





腰果飯

Boiled Cashew-nut Rice

材料:

生米 1杯 腰果 1/2杯

水 1 2/5杯

作法:

腰果與米洗淨後,加水,煮完後燜蓋1小時 (以任何品牌、種類的米,皆可煮出香甜美味的腰果飯。)

Ingredient:

Rice 1 cup Cashew-nut a half cup Water 1 2/5 cup

Cooking:

Wash the cashew-nut and rice. Add water and cook about one hour.

(Any brand of rice is all right, You may cook nice and sweet boiled cashew-nut rice.)



苦瓜蕃茄

材料:

苦瓜

蕃茄

調味料:

藕粉

鹽

冰糖

橄欖油

- 1. 将苦瓜切薄片、蕃茄切片。
- 2. 以水煮蕃茄、苦瓜。
- 3. 放入鹽、冰糖、橄欖油後,先以小量冷水調開蓮藕粉,加 入鍋中後水滾即可。



Balsam Pear and Tomato

Ingredient:

Balsam pear

Tomato

Seasoning:

Lotus-root starch

Salt

Crystal-sugar

Olive oil

- 1.Slice the balsam pear and tomato
- 2. Water cook the balsam pear and tomato
- 3.Add salt, crystal-sugar and olive oil. Use some cold water to stir the lotus-root starch. Add the starch into pot and cook to boiling.



清炒花椰菜、蓮藕

材料:

花椰菜

蓮藕

胡蘿蔔片

調味料:

奶油

鹽

- 1. 將花椰菜切成小朵狀,蓮藕及胡蘿蔔切片。
- 2. 鍋內加水煮滾後,放入花椰、蓮藕川燙至半熟後,瀝乾。
- 3. 另一鍋,將奶油加熱,放入蓮藕片炒,依序加入花椰菜及 胡蘿蔔片,以鹽調味即可。



Saute Cauliflower and Lotus-root

Ingredient:

Cauliflower

Lotus-root

Carrot slices

Seasoning:

Cream

Salt

- 1. Slice the cauliflower into small flowers. Slice the lotus-root and carrot.
- 2.Boiling the water in pot. Add the cauliflower and lotus-root. Cook the vegetables to half-boiled and then dry them
- 3. Another pot, add the cream into the pot and heat. Add sliced lotus-root and saute. Then, add cauliflower, carrot slices and salt.



涼拌小黄瓜蒟蒻

材料:

小黄瓜

蒟蒻

紅蘿蔔

嫩薑絲

調味料:

冰糖

鹽

白醋(檸檬)

- 1. 小黃瓜、蒟蒻切片,紅蘿蔔、嫩薑絲切絲。
- 2. 全部先以鹽水浸泡20分鐘,再以冷開水洗淨,加冰糖、白醋後,放冰箱冷藏後,取出即可食用。



Cold and Sauce-dressed Cucumber with Konjac

Ingredient:

Cucumber

Konjac

Carrot

Ginger

Seasoning:

Crystal-sugar

Salt

White-vinegar or lemon

- 1. Slice the cucumber, konjac, carrot and ginger.
- 2. Soak the above vegetables with salted-water about 20 minutes. Wash the vegetables with fresh water. Add crystal-sugar and white-vinegar. Cool them in refrigerator and then serve.



咖哩青花馬鈴薯

材料:

馬鈴薯

紅蘿蔔

青江菜

青花椰

調味料:

咖哩

橄欖油

- 1. 把馬鈴薯、紅蘿蔔切丁。
- 2. 為使青江菜、青花椰顏色保持翠綠, 先將青江菜、青花椰 川燙。
- 3. 鍋內加入橄欖油,將馬鈴薯、紅蘿蔔下鍋炒,再加入咖哩, 最後加上青江菜、青花椰炒一下即可起鍋。



Curry Potato with Green-Vegetables

Ingredient:

Potato

Carrot

Chinese-kitam

Cauliflower

Seasoning:

Curry

Olive oil

- 1.Slice the potato and carrot
- 2.Use boiling water touch the Chinese-kitam and cauliflower to keep green color.
- 3.Put olive oil into pot. Saute the potato and carrot. Add curry. Finally, add the Chinese-kitam and cauliflower and saute a while.



高麗髮菜羹

材料:

高麗菜

髮菜

金絲菇

紅蘿蔔

素火腿

調味料:

橄欖油

鹽

糖

白醋(或檸檬)

藕粉

- 1. 紅蘿蔔刨細絲、高麗菜與素火腿皆切長條狀。
- 2. 水滾後,紅蘿蔔與高麗菜下水煮至滾,加髮菜、素火腿。
- 3. 加橄欖油、鹽、糖、白醋(或檸檬)調味。
- 4. 藕粉先以冷水調開後,倒入勾芡至透明即可。



Thick-Soup with Cabbage and Dried-Black-Moss

Ingredient:

Cabbage

Dried-black-moss

Enoki-mushroom

Carrot, Vegetable-ham

Seasoning:

Olive oil

Salt, Sugar

White-vinegar or lemon

Lotus-root starch

- 1. Slice the carrot, cabbage and Vegetable-ham into strip.
- 2.Boiling the water. Put the carrot and cabbage in it. Add dried-black-moss and Vegetable-ham into it.
- 3.Add olive oil, salt, sugar and white-vinegar (or lemon instead) for seasoning.
- 4.Stir the lotus-root starch with cold water. Slowly put the starch into the pot and cook it to transparent.



三色甜椒

材料:

紅椒 1/2個

1/2個 青椒

黃椒 1/2個

蒟蒻 100克

調味料:

黑胡椒粒 適量

醬油 1/3杯

糖 4大匙

麵粉 1大匙

薑末 適量

- 1. 將紅、青、黃椒切成方形,蒟蒻切片後,川燙瀝乾。
- 2. 鍋內入油後,放入薑末、黑胡椒粒爆香,接著放入三色甜椒及蒟 蒻、調味料略煮一下即可。



Three-color Capsicum-frutescens

Ingredient:

Red-capsicum-frutescens, a half Green-capsicum-frutescens, a half Yellow-capsicum-frutescens, a half Konjac, 100 grams

Seasoning:

Black-pepper, few Soya sauce, 1/3 cup Sugar, 4 table spoon Flour, 1 table spoon Ginger, few

- 1.Slice the red, green and yellow capsicum-frutescens, and konjac into square, then boil and dry it.
- 2.Put oil into pot. Add ginger, black-pepper and cook. Then, ass three-color capsicum-frutescens, konjac and seasoning. Only cook a while.



涼拌小黄瓜

材料:

小黃瓜 3條

松子 2兩

辣椒 1條

素蝦 3條

調味料:

糖 1大匙

醋 2大匙(可用檸檬汁代替)

香油1大匙香菜末1大匙

- 1. 小黄瓜切絲,松子入烤箱烤3-5分鐘。
- 2. 辣椒切絲備用。
- 3. 將材料與調味料充分拌匀即可。



Cold and Sauce-dressed Cucumber

Ingredient:

Cucumber, 3 strips Pine-nut, 75 grams Chili, 1 strip Vegetable-shrimp, 3 strips

Seasoning:

Sugar, 1 table spoon Vinegar (or lemon-juice instead), 2 table spoon Sesame-oil, 1 table spoon Pestle Coriander leaves, 1 table spoon

- 1. Cut cucumber into shreds. Toast pine-nut for 3~5 minutes.
- 2. Cut chili into shreds.
- 3. Mix the materials and seasonings together evenly.



蒸山藥泥

材料:

山藥 300g

金針菇 1小把

素火腿 50g

芋頭 100g

調味料:

鹽 1小匙

香油 1小匙

- 1. 將山藥去皮,以電鍋蒸熟後磨成泥狀。
- 2. 素火腿、芋頭切丁,金針菇切小段。
- 3. 將1,2材料拌入調味料後,再蒸15-20分鐘即可。



Steam Chinese-yam

Ingredient:

yam, 300 grams Day-lily, some Vegetable-ham, 50 grams Taros, 100 grams

Seasoning:

Salt, 1 tea spoon Sesame oil, 1 tea spoon

- 1.Remove the peel of yam. Steam the yam and then mill it into mud.
- 2.Cut vegetable-ham, taros and day-lily into different shapes.
- 3.Mix all materials and seasonings together and then steam for 15~20 minutes.



奶油烤杏鮑菇

材料:

杏鮑菇 500g

調味料:

奶油 適量

黑胡椒粒

素烤肉醬

- 1. 將杏鮑菇洗淨,塗抹上奶油、素烤肉醬、黑胡椒粒。
- 2. 放入烤箱內烤20分鐘即可。



Cream-roasted Pleurotus-eryngiu

Ingredient:

Pleurotus-eryngiu, 500 grams

Seasoning:

Cream, some

Black pepper

Vegetable barbecue sauce

- 1. Wash pleurotus-eryngiu and then smear over with cream, vegetable barbecue sauce and black pepper.
- 2. Toast it for 20 minutes.



羅宋湯

材料:

蕃茄 2顆

馬鈴薯 1顆

紅蘿蔔 1/2條

高麗菜 1/4顆

調味料:

奶油 1大匙

蕃茄汁 2罐

水 1000c.c.

鹽 少許

義大利香料

- 1. 蕃茄去籽切丁; 高麗菜切絲, 馬鈴薯、紅蘿蔔切1cm小丁。
- 2. 鍋內水煮沸後,將馬鈴薯、紅蘿蔔、蕃茄丁一起放入,再以 中火熬煮。
- 3. 加入鹽、奶油、蕃茄汁及高麗菜煮30分鐘;食用前再加香料 即可。



Borsch

Ingredient:

Tomato, 2 balls Potato, 1 ball

Carrot, 1/2 tube

Cabbage, 1/4 ball

Seasoning:

Cream, 1 table spoon

Tomato-juice, 2 jars

Water, 1000 c.c.

Salt, few

Italy seasoning

- 1.Tomato takes out seeds and cut small. Cut the cabbage into shreds. Cut potato and carrot into about 1 cm piece.
- 2.Boil the water in the pot. Put potato, carrot and tomato together. Cook them for a long timebut small fire.
- 3.Add salt, cream, tomato-juice and cabbage into the pot and then cook for 30 minutes. Seasonings before serve.



三杯南瓜

材料:

南瓜 半條(刻花)

素火腿 2片(切丁)

調味料:

九層塔 少許

少許 薑片

辣椒 1條

少許(芶芡用) 藕粉

冰糖 適量

醋 適量

醬油 適量

素烤肉醬 適量

- 1. 先將南瓜切成四等分,再切成片狀用少許油煎熟,撈起。
- 2. 加入辣椒與薑片炒一下,再加入素火腿炒熟,以醬油、醋、 冰糖、素烤肉醬調味。
- 3. 以藕粉芶欠後,加入九層塔即可。



Three-cups Pumpkin

Ingredient:

Pumpkin, 1/2 tube (carved designs) Vegetable-ham, 2 pieces (cut small)

Seasoning:

Ocimum basilicum Linn, few

Ginger, few

Chili, 1 tube

Lotus-root starch, few (to cook starch)

Crystal sugar, some

Vinegar, some

Soya sauce, some

Vegetable barbecue sauce, some

- 1.Cut the pumpkin into 4 even parts. Slice each part into slice. Fry it in oil and then take out.
- 2.Add the chili and sliced ginger and then saute, then vegetable-ham and saute. Seasoning with soya sauce, vinegar and crystal sugar.
- 3.Use lotus-root starch to cook starch. Then, add ocimum basilicum linn into it.



蕃茄沙拉

Tomato Salad

材料:

紅蕃茄、蘑菇、秋葵、苜蓿芽、松子醬

作法:

- 1. 蘑菇、秋葵過熱水煮熟
- 2. 蘑菇、蕃茄切薄片
- 3. 舖成圓狀後,中心置苜蓿芽
- 4. 淋上松子醬 (新鮮松子、橄欖油、cheese) 即可完成。

Ingredient:

red tomato, ushrooms, gumbos, alfalfa sprout, pine nut sauce

- 1.boil the mushrooms, gumbos first and plunge into the ice.
- 2. Then cut mushrooms and tomato into thin slice
- 3. Spread them to a circle and put the alfalfa sprout in the middle
- 4. Princle the pine nut sauce(fresh pine nut, olive oil, cheese)



蘆荷百合 Asparagus with Starfruit

材料:

蘆筍一把、百合一朵、楊桃1/2顆

調味料:

辣椒絲、冰糖、香菇粉、橄欖油

作法:

- 1. 先將蘆筍切三段,頭的部份先保留,百合切較小段,楊桃切絲。
- 2. 中火炒蘆筍,加一點糖,稍後再加上前段的部份,待蘆筍轉青綠色, 加上百合及楊桃、稍加水及鹽少許、稍悶一下待收汁後即可起鍋。

Ingredient:

Asparaguses, Dried lily, Starfruit

Seasoning:

Chili silks crystal sugar, Salt, Mushroom power, Olive oil

- 1. Slice the asparaguses to 3 pieceand keep the head, and slice dried lily to small piece. Starfruit is cut into shreds.
- 2. Heat the olive oil in medium heat and fry the asparaguses and add a little sugar. Then add the head of the asparaguses. When the color of asparaguses turn to dark green you can add dried lily, starfruit, some water and salt. Simmer it and pick it up when the sauce gets fewer.



銀芽豆絲

材料:

蘆筍

豆芽

辣椒絲

豆皮絲

調味料:

鹽

冰糖

橄欖油

香油

- 1. 豆芽去尾端處,蘆筍切段、豆皮切絲、辣椒切絲。
- 2. 油熱後, 先炒豆皮, 再依序放入蘆筍及豆芽菜。
- 3. 加少許冰糖及鹽後,添加辣椒及少許香油即可。



Bean sprout slice

Ingredient:

Asparaguses

Bean sprouts

Chili

Bean sprout slice

Seasoning:

Salt

Sugar

Olive oil

Sesame oil

- 1.Cut the bean sprouts' tails and slice the asparagus, Bean sprout slice, and chili.
- 2. Heat the oil ten fry the Bean sprout slice first and then add asparaguses, bean sprouts.
- 3. Finally add a little sugar, salt, chili, and sesame oil.



芥蘭燉素羊肉

材料:

芥蘭

素羊肉

蕃茄

九層塔

調味料:

冰糖

鹽

素高湯粉

辣椒粉

橄欖油

- 1. 芥蘭分段、素羊肉切小塊、蕃茄切丁。
- 2. 油熱後先放蕃茄丁,加冰糖、素羊肉丁後,加少許水,蓋上鍋 蓋悶2分鐘。
- 3. 再放入芥蘭菜, 待芥蘭熟後, 再加入少許九層塔即可(若喜好辣味可以加入辣椒粉)

Fragant Smell Fly Far Away



Cabbage fry Yaung

Ingredient:

Cabbage

Veg

Sheep

Tomato

Cilantro

Seasoning:

Sugar

Salt

Veg. soup-stock

Chili power

olive oil

- 1.Cut the cabbage, veg. sheep and slice the tomato.
- 2.Fry the tomato and add the sugar, and veg. sheep with a little water. Then cover the pot for 2 mins.
- 3.Add cabbage, and cilantro after the cabbage is cooked. (Add some chili power if you like.)



義大利披薩

材料:

- 1. 紅椒、小黃瓜、素火腿、香菇
- 2. 土司、起司絲

調味料:

蕃茄醬、黑胡椒粉

作法:

- 1. 將材料1都切成長條狀。
- 2. 將土司塗上一層蕃茄醬後,依序鋪小黃瓜、素火腿、紅椒、香菇。
- 3. 均匀地灑上起司絲,放入烤箱以攝氏180度烤5-10分鐘,至起司變軟呈金黃狀即可。

備註:

簡易披薩係採用土司(熟食),若預熱烤箱,烤的時間可減少。



Italian Pizza

Ingredient:

- 1. Red bell pepper Chinese cucumber vegetarian ham shiitake mushrooms
- 2. Toast, shredded cheese

Seasonings:

ketchup, black pepper powder

Cooking:

- 1. Cut ingredient no.1 into stripes.
- 2. Spread a layer of ketchup on toast, then top with cucumber, vegetarian ham, red bell pepper, shiitake mushrooms.
- 3. Sprinkle cheese stripes on top, then bake in oven at 180° for 5 to 10 minutes until the cheese is golden brown.

Tips: Simple cooking uses toast (cooked food). If preheat oven, the baked time could be reduced.

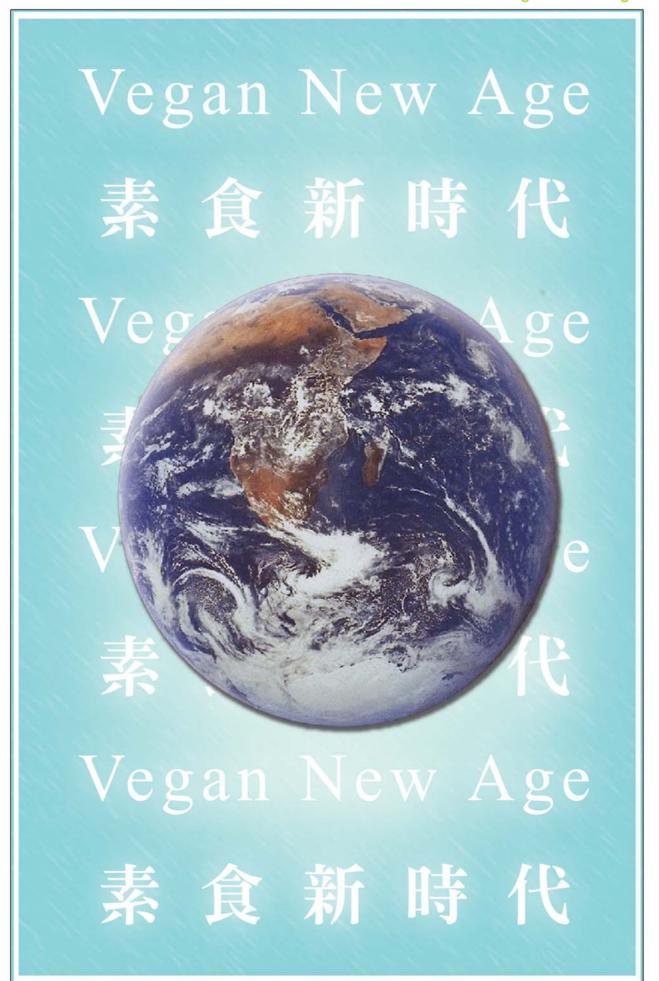
"素食新時代"主題海報

本期主題理念:素食新時代與地球新宏觀

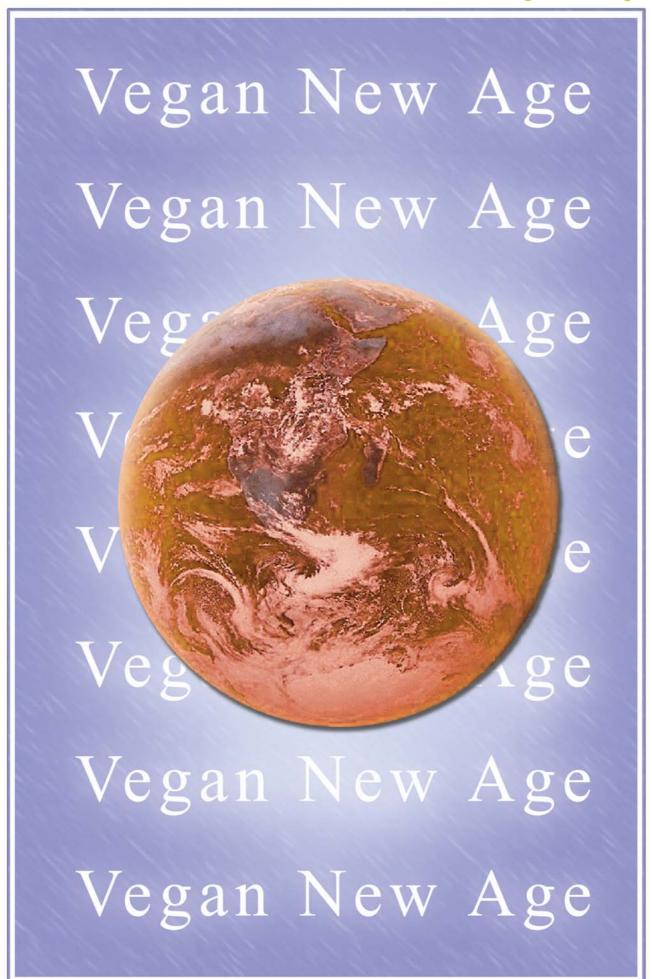
設計者 creator / Jones

The main think: Vegan New Age and Earth New Watch.



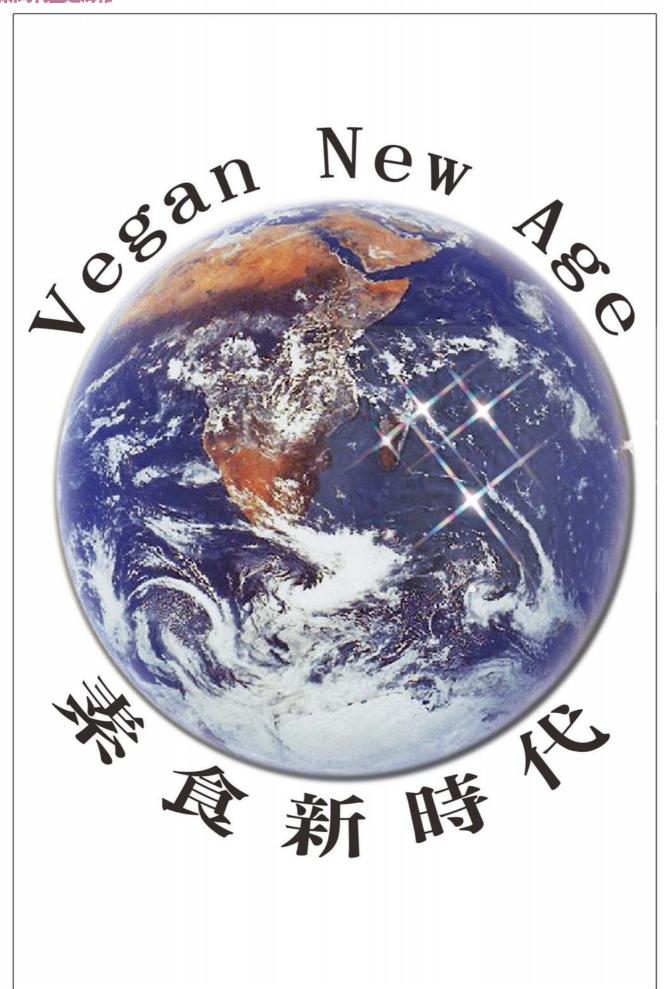


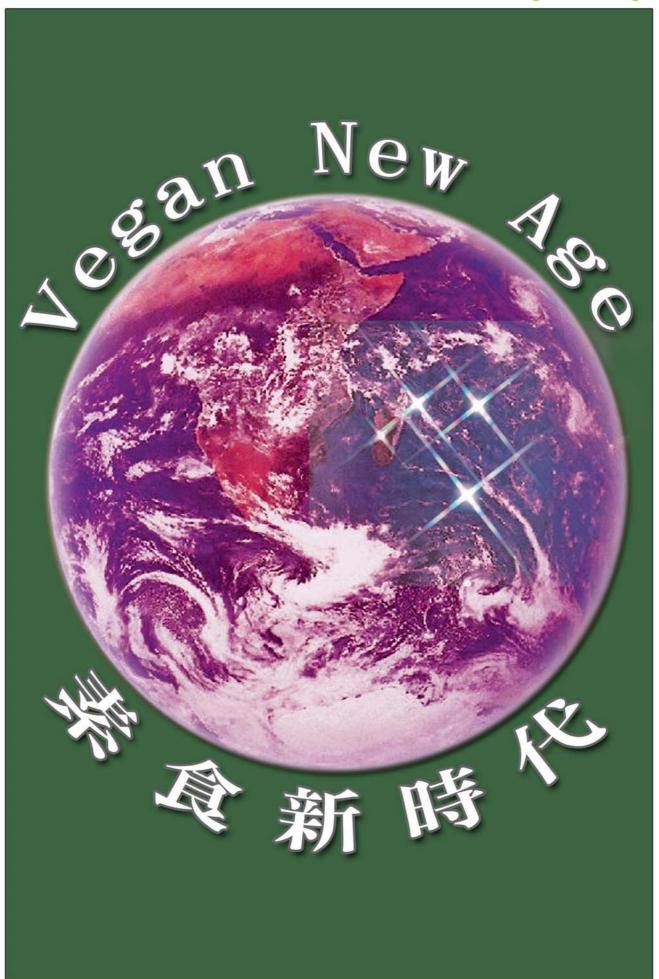




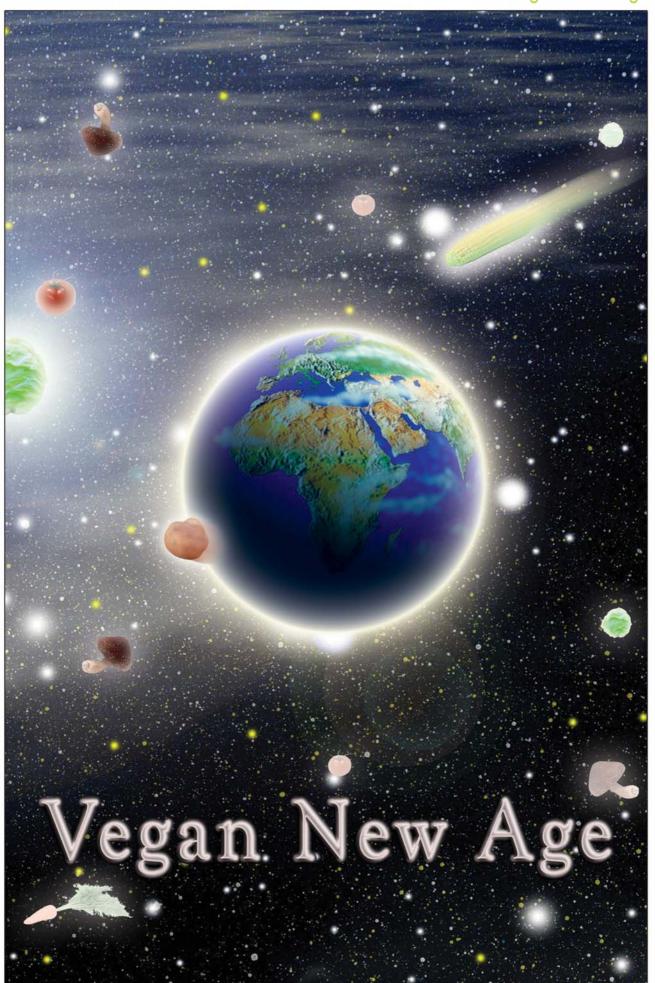












讓人們有一個慈悲的理由

A merciful reason for men

譯Translator / Tree 美編Art Design / Frank 文**Article** / Tree

當口啼疫、禽流感、SARS 正肆虐全世界時,引發人類的恐慌 逐漸地意識到生命的危機,然而人與動物變成命運的共同體 是否因而開始愛惜自己的生命,體會生命的可貴也珍惜動物的生命

Foot-and-Mouth Disease (FMD), Bird Flu and Severe Acute Respiratory Syndrome (SARS) are overwhelming the world and men are panic. Gradually, we notice that we are in dangers.

Men and other animals have common in fate.

Should we start to cherish our lives as well as other animal's life?



悲憐的生命

幾年前,記得當口蹄疫流行時, 在英國,有一則新聞,相信有些人仍然 印象深刻,有一隻即將遭撲殺命運的小 牛,在攝影機畫面中潸潸的流下臨死前 淚水,這個令人鼻酸的畫面曾在國際上 為普世所見…。這些年過去了,世界經 歷SARS、禽流感…傳染疾病。而最近流 行的禽流感,又有成千上萬的雞、鴨被 撲殺了。

每當夜間行車在高速公路上,奔 馳而過的車輛,有的裝載著了一籠籠的 雞鴨、一堆堆的豬,他們像貨品般時而 交疊著,呼嘯而過在冰冷的夜間,這樣 的畫面令人不忍睟睹,然而,卻是天天 上演著。

生為[萬物之靈]的人類,是否該停下來深思,對於其他生命的態度,我們的心出了什麼問題?

素食的選擇

相信這世界上有許多的朋友是愛動物的,但是飲食的習慣積習已久,一下子要改變總感到一點不適應。不過只要有心,就一定可以做到!我們的心與身都急需趨向正確的方向,素食的選擇則是一個開端。

懷著「己所不欲,勿施於人」的平 等心,我們選擇素食。

基於「人有好生之德」的天性,我 們選擇素食。

因為「六道眾生互為眷屬」的道 理,我們選擇素食。

The sympathy beings

There was news reported about a steer that would be slaughtered during a foot-and-mouth disease in Britain few years ago. I believe that many people impressed by the pictures that the steer tore before dying on TV. This sad general appearance of a picture had showed to the world. After few years, there are SARS, Bird Flu....contagious disease in the world. Thousands of chickens and ducks were killed by the Bird Flu.

You can see many trunks which carry the baskets of the chickens; Bducks and pigs move fast on the highway when you drove car at night. Some of them are folded like the goods then pass the way at cold nights. We can not bear seeing it, but it happens everyday.

Human, the smartest of the beings shouldn't stop to think that our hearts have the problems for the ways we treat other beings?

The choice of the vegetables

We believe that most of people love the animals. It's not easy to change in short time for the old habit of food. But if you want to change it you will achieve! Our hearts and bodies need to tend to the right direction immediately. It's a beginning to choose the vegetables.

Bosom the equal heart "do not do to others what you don't want to be done to you", we choose to eat the vegetables.

Because of the natural instincts" *cherish lives is the merit of all men*", we choose to eat the vegetables.

For the truth of "all living beings in threerealms are family dependants", we choose to eat the vegetables.

Believe in the universe truth "cause and effect move in circles and killing-karma shall return and never miss", we choose to eat the

素心祈福

相信「因果循環、殺業必報」的宇 宙真理,我們選擇素食。

基於「 善良慈悲的高尚情操」我 們選擇素食。

由於「健康又環保的智慧」我們選 擇素食。

因為……有太多的理由,足以讓 我們選擇吃素,在選擇的同時,我們的 心就往健康前進一步、在選擇吃素的同 時、我們的心豁然開朗,因為我們可以 解脫長久以來肉食沉重錯誤的觀念。

素食之美好

愛的力量不可思議,當我們的選擇 吃素後,萬物都彷彿知道般。小動物們 彷彿都知道你不會傷害他們,不會惡意 的對待他們,是什麼樣的訊息透露了這 份善意?應該就是那心中的慈善吧!

當我們不論基於什麼原因成為素

vegetables.

Base on "the dignity sentiment of kindness", we choose to eat the vegetables.

Owing to "the wisdom of health and environmental protection", we choose to eat the vegetables.

Because..... there are so many enough reasons to choose to be a vegetarian. Our hearts go to a step further when we are choosing to be vegetarians. Our hearts are suddenly enlightened when we're choosing to be vegetarians. We can get rid of the wrong concepts of eating meats.

The pretty of the vegetables foods

The power of love is very miraculous. It seems all things on the earth know it after we chose the vegetable foods. Animals are as though you will not hurt them, will be nice to them. What divulges the massage of the good intention? Should be the kindness in heart!!

Whatever reason we eat the vegetables foods, we will become soft and temperament

will be elegant. We will feel the different in body and soul after we choose the vegetable foods. Then we understand we really get the benefit indeed. My friend had some hard-chunks before he hasn't eaten vegetables foods. He did not see the doctor but knew something wrong. After a period of time, the hard-chunks became smaller and then the amounts get fewer. After many months all the hardchunks all disappeared. He



Blessing from Vegetarian



食者後,心性自然較為柔軟,氣質較為 清淨高雅。這時會漸漸發現吃素前後自 己的不同,在身體上、心靈上我們都得 到了改善。到頭來,真正的受益者反倒 是我們自己。有一位友人未吃素前,身 上長了許多不知名的硬塊,不曾去看醫 生,但是也知道有異狀,在吃素一段時 間後,發現硬塊漸漸變小,接著是數量 漸漸變少,到數月後,所有的硬塊皆消 失不見了。他十分感恩這樣的轉變,因 為他自己見証了素食的效果。感恩之 心,時時湧現!

虔誠的祈福

人人都想得到幸福、長壽。人人都 願天下平安、歲歲年年。在每一個眾生 的心田中,莫不想擁有生命的美好;眾 生一體、無二無別,快樂及痛苦是無常 的、是相對的;而輪迴的疲累及艱辛真 thanks for the change very much. He witnessed the effects of eating vegetables by himself. It always springs up the mood of thank.

The pious blessing

Everyone wants happiness and longevity. Everyone hopes the world peace and long years. There is no one who doesn't want to own the perfect life. All living creatures belong together, happiness and unhappiness are changeable and rela-

tively. The transmigration of the soul is so hard and made us feel so tired.... The sincere blessing should be the basic attitude to others in the school. We should have more love to animals because they are already punished by their karma.

Let's bless together with the kindness and thank. Wish all the Buddha and Bodhisattvas bless all beings. Bless the all living creatures fell down can stand again quickly and never give up the power of brightness.

Wish all the Buddha and Bodhisattvas bless all living creatures can get the pure heart that can light the unreal roads to find the real way out of life.

Wish all the Buddha and Bodhisattvas bless all living creatures have the kind heart that can reduce the kill and reconcile the weapons crisis in the world.

Wish all the Buddha and Bodhisattvas bless all living creatures have the wisdom who will believe the cause and effect and can't bear doing the bad things.

素心祈福

的好辛苦、好辛苦…。真摯的祝福該是 我們在這三界學校,予以他人的基本態 度。可憐的動物界已受到了業報,我們 更該懷著悲憫之心去愛他們。

懷著慈悲及感恩之心,讓我們一 同祈願吧!祈願諸佛菩薩護佑每一個眾 生。護佑在三界跌倒的眾生,能夠快快 爬起來,永不放棄光明的力量。

祈願諸佛菩薩護佑每一個眾生得清 淨心,照破無明的幻相,找到生命的出 路。

祈願諸佛菩薩護佑眾生起慈悲心, 減少殺生,化解世間的刀兵劫。

祈願諸佛菩薩護佑眾生起智慧心, 深信因果,不忍為惡。

祈願諸佛菩薩護佑眾生深心柔軟, 愛護萬物,人間喜樂。

祈願諸佛菩薩護佑下三途眾生,早 日聽聞佛法,解脫痛苦。

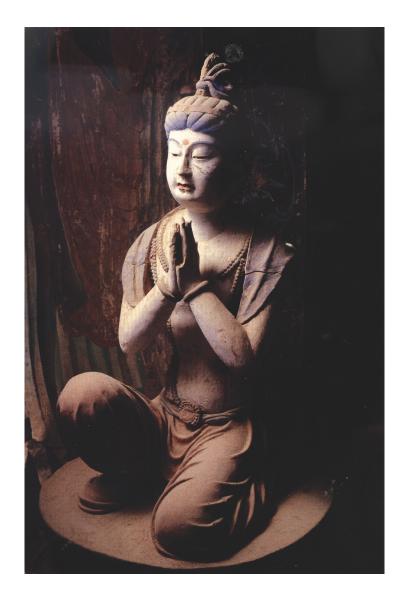
祈願 (無上願)

願眾生離苦得樂 願眾生早証菩提 願眾生圓滿所願 願眾生得究竟覺 Wish all the Buddha and Bodhisattvas bless all living creatures to own a tender heart and therefore, they would take care of all other beings. Then, happiness would come to the world.

Wish all the Buddha and Bodhisattvas bless all living creatures especially those creatures lived in the three-lower-levels. Wish they have the chance to hear Buddha-dharma and free from all sufferings.

Make a vow — the ultimate vow

Wish all living beings free from suffers and gain happiness. Wish all living beings achieve bodhi as soon as possible. Wish all living beings fulfill all wishes. Wish all living beings reach the ultimate enlightenment.





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