



WHY I BECAME A VEGETARIAN ?





Dalin Tzu Chi Hospital celebrates the International Nurses Day. Liao Hui-Yen (2nd to the right, front row) enjoys her nursing career.

My mother has been a vegetarian for years. Therefore, I am used to having vegetarian food when I visited her. About ten years ago, I was thinking to change my diet to vegetarian food. However, at that time I was stubborn and thought that life was no fun without meat. I started from eating only the two-legged instead of four-legged animals. Four years ago, I visited Singapore with a few colleagues; unexpectedly I was the only one in the group still eating meat. During the trip, naturally I let go the popular dish of Hainan Chicken Rice and later naturally quit eating meat. On top of this, I became even more determined to be a vegetarian after I joined a stage performance of “Water Repentance.”

It has been four years. I did not lose any weight as most people did. However, I feel free and comfortable. I am free from the bad karma that links to killing of animals for their meat. I love to look at their eyes, that innocent look makes me want to care for them. When we have a small wound, we feel hurt. Imagine how much fear and pain are they for being slaughtered for our consumption.

Being a vegetarian is a matter of timing. We should not force ourselves, rather, we should at least try, and the right timing will come. The bad cooking oil incident in Taiwan has caused alarm but vegetarians should not be concerned. I hope everyone will join the vegetarian group to create good karma with all living beings. May the world be more peaceful and free from disasters.