



Be Vegetarian and Always Be Grateful

Disasters have been growing worldwide. Perpetual draught, or recurring floods, all come from the imbalance of climate. As climate change worsens by the day, I urge everyone time and again to be diligent, to revere Mother Nature, and to practice vegetarianism. Over the years scientists have been promoting vegetarianism and waste reduction as ways to save our earth and slow down the growing threat of extreme weather.

Tzu Chi has been advocating vegetarianism worldwide, encouraging people to restrain their momentary cravings in exchange for a healthier body and a healthier nature. There are in fact plenty of tasty alternatives in the world. From whole grains to vegetables, all the nutrition a person needs can be found in them. Just like the news on the recent Taipei Universiade reporting a young Taiwanese athlete winning a silver medal in track and field. He is a vegetarian before birth with a build stronger and taller than others, performing well in his studies and in exercises. He is a demonstration that vegetarians can be healthy too.

Vegetarianism can also keep our body clean, protecting toxins from building up, and prevent us from committing sins. All beings are sentient. Animals experience helplessness, agony and hatred at the time of their slaughter. That hatred and agony are



like air currents, converging into the collective karma of human beings. Do not think that eating is distinguishable from killing. The desire for meat drives people to kill for profit. We are all equally culpable under the Karmic Law of Cause and Effect.

We are benevolent by nature. We ought to respect life, return our mind to its pure source, and radiate the energy of love. Tzu Chi Hospitals provide its patients with vegetarian meals ever since its inauguration. I am glad to see like-minded doctors begin to join the cause. The nursing staff of Hunan Academy of Traditional Chinese Medicine Affiliated Hospital in China has also began advocating vegetarian diet in the hospital wards.

Director Xiao of Cardiology and others from the academy have visited Tzu Chi Hospital in Taiwan. They pledged to introduce healthy diet into their hospital. See, they prepare vegetarian meals with such mindfulness all because of their hope for their patients to eat happily and nutritiously; when they deliver the meals bed by bed, they greet each patient courteously, and provides bedside health education. It was very touching.

The prayer for peace in the world must begin with concrete actions from everyone. The choice to be a vegetarian is based on more than just religious purposes. It is for the safety of nature, of human beings, of our future generations. I hope that we can encourage more people to join vegetarianism to purify our hearts, bring peace to all sentient beings, and harmony to Mother Nature.