



Dharma Master's Blessings

Advocate Vegetarian as New Social Value

People often lost their direction in life while engaged in the pursuit of desires. Tzu Chi volunteers vigorously advocate vegetarian in the recent years in hope to drive a new social value for hearts to be purified, desires reduced and health regained.

For many years, a Tzu Chi volunteer Mr. Hung in Dajia, Taichung, actively advocate the benefits of vegetarian to Earth during Matsu Pilgrimage around Taiwan. In 2012, he resigned as the incense head of a local Matsu temple and, according to tradition, must feast the entire village. Minding that numerous animals were slaughtered during each festival to feed the guests, which bares no health benefits to the community, he discussed with the neighborhood magistrate to proceed with vegetarian, including temple fairs, to feast the local residents and advocate the advantages of vegetarian diet.

Furthermore, he replaced disposable tablewares with reusable, eco-friendly ones. After the fair, the community gathered to wash their tablewares, clean the venue, and restore order to the environment. A temple fair was basically turned into a practice of vegetarian and



environmental conservation.

Vegetarian diet is beneficial physically and mentally. A group of Australian Tzu Chi youths learned to cater and advocate vegetarian cuisine, purify their body and mind from diet. Two educators from Taiwan Tzu Chi Teachers Association visit the inmates of Pintung prison regularly for the past few years, they do not only hold study groups, but also introduced the concept of vegetarian with vegetarian meals.

The inmates, overwhelmed by their sincerity, were willing to accept their proposal, and evolved from one vegetarian meal a week to one vegetarian day a week. This year, the members of the study group even performed “Water Repentance” in prison, and the entire prison, performers and audience, went vegetarian for a day to honor this magnificent performance.

From the news we can see, these inmates, once rid of their negative habits, appear righteousness in their demeanors; their speech mellow, no longer saturated with vulgarity. Some inmates repent their sins in front of the crowd and vow to change. It was a moving scene, watching them change through vegetarian diet.

Vegetarian is not only beneficial to personal well-being, it also contributes to environmental conservation. Advocating vegetarian can purify people’s hearts and redirect social values. If everyone is willing to commit, begin by purifying oneself, by accumulating the power of the masses, we can harmonize the community and create a peaceful and healthy world.