

# 食肉 是人体的主凶

## MEAT THE CHIEF ASSAILANT OF HUMAN'S BODY

若想身体好，素食最为宝，素食营养良，身心皆健康



素食增慈心 • 素食少疾病 • 素食消业障 • 素食免果报

Translated by: Zhang Leng 章玲 • Compiled by: Soon Guo-Sen 孙果森整理

## 印造佛经佛像之十大利益

- (一) 从前所作种种罪过。轻者立即消灭，重者亦得转轻。
- (二) 常得吉神拥护，一切瘟疫、水火、寇盗、刀兵、牢狱之灾，悉皆不受。
- (三) 夙生怨对，咸蒙法益，而得解脱，永免寻仇报复之苦。
- (四) 夜叉恶鬼，不能侵犯，毒蛇饿虎，不能为害。
- (五) 心得安慰，日无险事，夜无恶梦，颜色光泽，气力充盛，所作吉利。
- (六) 至心奉法，虽无希求，自然衣食丰足，家庭和睦，福祿绵长。
- (七) 所言所行，人天欢喜。任到何方，常为多众倾诚爱戴，恭敬礼拜。
- (八) 愚者转智，病者转健，困者转亨，为妇女者，报谢之日，捷转男身。
- (九) 永离恶道，受生善道。相貌端正，天资超越，福祿殊胜。
- (十) 能为一切众生，种植善根。以众生心，作大福田，获无量胜果。所生之处，常得见佛闻法。直至三慧宏开，六通亲证，速得成佛。

印造经像，既有如此殊胜功德，故凡遇○祝寿○  
贺喜○免灾○祈求○忏悔○荐拔之时，皆宜欢喜  
施舍，努力行之。

肉 是  
人體的  
主 凶

孫果森 居士  
● 整理 ●

**MEAT**  
**The Chief**  
**Assailant**  
**Of**  
**Human's Body**

Translated By:  
● **ZHANG LENG** ●

念佛法門釋迦宣：  
念佛：阿彌陀佛法中王！  
一句佛號念到死，  
彌陀接我到西方！



一聲佛號不離口，  
阿彌陀佛常隨身。

諸位同修：

「阿彌陀佛」！

懇請大家慈心誠念：

「南無阿彌陀佛」

由一聲，乃至：百聲、千聲、萬聲……

願以此念佛功德，  
作為閱讀本書之開場白。

**MAY I ALWAYS CALL UPON  
THE NAME OF THE BUDDHA,  
AND MAY THE BUDDHA AMITABHA  
ALWAYS BE WITH ME**

Dear Cultivators Of The Way,

**'AMITABHA BUDDHA,**

Do Bring Forth The Mind Of Kindness,  
And Be Sincerely Mindful Of The Buddha,

**'NAMWO AMITABHA BUDDHA,**

And Say The Name Of The Buddha For Once,  
Until Hundreds, Thousands and  
Millions Of Times .....

May The Merits And Virtue Accrued  
From The Mindfulness Of The Buddha,  
Be The Opening Verse For The Reading  
Of This Book.

# 八萬四千法門， 唯念佛爲第一。

( 識：諸法門中，念佛第一 )



# 淨土念佛法門

**十**方恆河沙數諸佛，各於其國出廣長舌相，遍覆國三千大千世界，共讚阿彌陀佛不可思議功德，及其國土莊嚴殊勝。

**十**方諸大菩薩尚念阿彌陀佛名號，願生阿彌陀佛國土。何況我輩愚濁凡夫？

**佛**在世時，文殊普賢；佛滅度後，馬鳴龍樹；華嚴會上，德云比丘；楞嚴會上，勢至菩薩，比丘遠公祖師，元公祖師，智知大師，清涼國師，法智祖師，慈恩法師，善導和尚，少康法師，慈雲懺主，忠國大師，懷感法師，懷玉禪師，道安和尚，道綽禪師，省常大師，法照大師，草堂法師，孤山法師，大智律師，宗坦法師，源信禪師，義淵法師，萬年一禪師，長蘆頭禪師，天衣懷禪師，圓照本禪師，永明寺禪師，圓辯琛法師，中峰普應國師，天如惟則和尚，廬山十八大賢，普度優曇宗主……不勝枚舉。

**以**上諸佛祖，皆修念佛法門又轉以度化衆生，何況我等下劣凡夫，在五濁惡世，餘學難成。惟念阿彌陀佛，仗佛願力，往生淨土。

# ● 吃肉是死後上當 ●







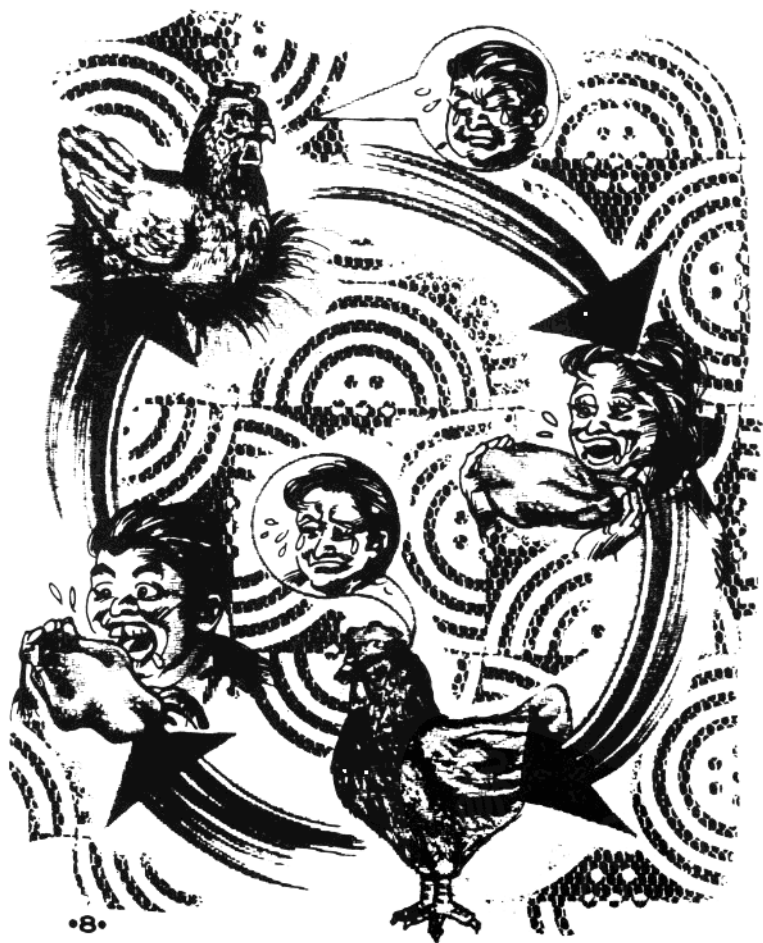
## ● 吃肉是死後上當 ●

吃斋是活着吃亏，  
因为不能满足美食之欲，  
不能享口福。可是若  
不吃斋，吃了很多肉，  
死后便要到地府算账。  
我是凭良心向你讲真话，  
大家不要贪口欲、贪  
享受，死后就不会上大  
当。

—— 宣化上人。

“Eating a vegetarian diet requires that you suffer a loss when you are still alive, because you cannot satisfy your palate. But if you are not a vegetarian and eat a lot of meat, after your death you will have to settle, you accounts before the Kings of Hell.”

# ● 肉字裡面有兩人 ●





## ● 肉字裡面有兩人 ●

这个「肉」字就是一个被吃的人与吃肉的人，吃肉的人在外边还是个人；被吃的人已经变成了畜生了。吃肉的人与被吃的人就有一种关系，解不开冤结，互相罩着。

——宣化上人。

“The Chinese character for meat, 肉, consists of a person being eaten and a person eating. The person being eaten has transformed into an animal. The person eating and the person being eaten thus create a relationship wherein the knot of hatred cannot be untied. They take turns in dominating and preying on each other.”

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● 因果：CAUSE AND EFFECT ●

楞严经云：「人吃羊，羊死为人，人死为羊。生生死死，互相吃食。」这种互杀互食，就是因果轮回。一刀还一刀，一命偿一命；生生死死，永无了期……。

The Shurangama Sutra gives the following statement, 'A man ate the goat and the goat which was killed would return and born as a man. The killer would become a goat. After many times of life and death, they are still taking turns to devour each other'. The turns of killing and eating show the Cause and Effect in the round of birth and death. There is no end to this process of Cause and Effect, for after many life times, the man who was being injured or killed are sure to come back to seek revenge on his opposer and murderer.



## ● 因果：CAUSE AND EFFECT ●

无始以来，经过无量次的生生死死轮回，往世父母及亲属无从知道。当你操刀割肚，敲骨取髓时正是自己过去世的父母兄弟、妻子儿女，如今烹食都不知道。

From time of infinity till now, we have undergone uncountable times of birth and death on the revolving wheels of six paths. We are unable to recognise our former parents and relatives. So, when you are holding a knife to slit the stomach of the animals, to knock off their bones for marrow, have you ever given rise to the thought that they are indeed your parents, brothers, wives, sons and daughters of your former existent? You cook them for your meal but you could never recognise them.



# 肉是人类的敌人

**MEAT**  
THE CHIEF ASSAILANT OF  
HUMAN'S BODY

nitrogen, high-blood pressure  
化学毒  
haemorrhoids



尿酸  
diabetes, Salmonella, fatigue, Diverticulum

• 12 • cancer — carcass poisoning — coronary disease

# 「肉」是人體的主凶

肉內有氮、尸毒、膽固醇、尿酸、尿素、病毒傳染、化學毒、DDT毒、抗生病毒、壞疽……

食肉導致：血管硬化、腎石、膽石、心臟病、糖尿病、高血壓、肝硬化、癌症、肥胖、胰炎、關節炎、痔瘡、腸胃病、骨稀松症、疲憊腺、瘋牛症、靜脈腫曲、憩室炎、沙門菌病、潰瘍結腸炎、低血糖、動脈硬化……等等，不勝枚舉。

## MEAT

### The Chief Assailant Of Human's Body

*There are nitrogen, carcass poisoning, cholesterol, uric acid, urine elements, the infection of poisonous diseases, chemical poisonings, DDT poisoning, antibiotics poisoning, the decaying and death of cells which are infected by bacteria.....in the meat compound.*

*Eating meat will lead to the hardening of the blood vessels, the growth of stones in the kidney and gall-bladder, coronary disease, diabetes, high-blood pressure, the hardening of the liver, cancer, obese, pancreatitis, the inflammation of joints, haemorrhoids, the diseases of intestines and stomach, osteopetrosis, fatigue, the mad-cow disease (Bovine Disease), the swelling and crookedness of the vein vessels, Diverticulum, Salmonella (food poisoning caused by bacteria infection) ulcer in the stomach and intestines, low sugar level, the hardening of the arteries and lots of other diseases.....*

# 五辛： THE FIVE PUNGENT PLANTS





## ● 葱 五辛之理由 ●

佛教徒不食五华之葱 (Shallot)、蒜 (Garlic)、薤 (Leek)、韭 (Chinese Chive) 和兴蕖 (Onion)。葱、蒜、薤、韭四种均同一百合科植物，其学名均用Allium，即为丙烯基，有摧淫增欲之作用。而兴蕖，其味似大蒜而更甚之。其华臭含二硫化丙烯丙烷，二硫化碳 $CH_2:CHCH_2S$ ， $CH_2:CHCH_2CNS$ 等黄色之臭油质，有特殊之渗透臭。

此五辛，由於它刺激心脑各器官，食後使人易动肝火，大发脾气。而且口气汗液尿尿痰等，均发极臭之气。对身体，伤肾伤骨、伤心败血、伤肝伤筋、伤脾伤肌、伤肺伤皮，令人神智昏浊善忘，是障碍修行人之食物。

### The Reasons Why The five Pungent Plants Are Forbidden

*Buddhists do not eat the five pungent plants which refer to shallot, garlic, leek, chinese chive and onion. Shallot, garlic, leek and chinese chive all belong to the PLANT FAMILY of lily. The scientific name is 'Allium'. Their function is to increase the sensual desires. While onions nearly tastes like garlic, but its taste is even stronger. The strong and bitter smell contains  $CH_2S=CH_2CH_2S$ ,  $CH_2CHCH_2CNS$  and others yellowish foul and oily elements. The smell odour is especially penetrating.*

*The five pungent plants are able to excite our mind, brains and other internal organs. After eating, a person will not be able to control himself but get angry easily. Besides, the mouth odour, sweats, excrement and urine, phlegm and others are extremely smelly. They affect the body by bringing harm to kidney, bones, heart, blood, liver, veins, spleen, muscles, lungs and skin. Such a person will be sleepy, deluded and forgetful. Such food is a great hindrance to all cultivators.*

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