



# PROTECT ANIMALS BY NOT EATING MEAT

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I have been a vegetarian for half-a-year. What made me a vegetarian? It was not because of religion, neither was influence from the work environment. It was from an article I read online:

“Taiwan is a place with abundance of food. We are humans with intelligence. There are many foods for us to choose. It is not necessary to choose to take away mother cows from baby calves, or force female pigs to mate and have the beaks of newly born chicks chopped. Every life has its merit. However, their lives should not short circuit for your mouth.”

I was shocked and shaken by the article. Just looking at the animals’ innocent eyes, I decided to become a vegetarian. I could not stand all the animals dying fearfully just to become our food.

I think I am a person full of imagination. Have you ever heard the term “Food burial?” I created it. Due to my current job, I often have contact with terminally ill patients. Inevitably, I would ask questions like their preferred funeral methods: cremation, bury ash under a tree, etc. My co-workers and I have asked ourselves, how we should plan our last rite in life so that we feel fulfilled.

I lie in bed and kept thinking. I hope the way I choose to bury myself will be environmentally friendly, yet solemn. I do not want to keep any bit of the body.



Protect animals and cherish all lives is the reason to be vegetarian for Wu Jia-Ying.



Tzu Chi Hospitals would hold events to promote plant-based diet.

Therefore, I went beyond imagination and thought of this special way - "Food burial." After my body is cremated, my ashes will be served as food among friends who come to my funeral.

This is not only rational, environment friendly, and emotionally encompassing my love to all my beloved friends. I thought this perfect idea would be a favorite topic. However, it was immediately shot-down by my good friends, which was hard to handle.

Why don't you eat me? I am willing to be eaten. Please choose me, choose me! I asked many friends why they are against the reasoning. They replied, "It is too disgusting!"

However, actually we humans are animals too. What is the difference between human meat, pig meat, chicken meat, and cow meat? We could not find any reasons of eating meat. Then we try to make it reasonable by saying it is because of the law of jungle: the survival of the fittest, or human needs animal protein. However, actually they were not true.

Should eating vegetarian become healthy is not something I care about most. I decided to be a vegetarian because I want to protect animals and respect all sentient beings.