

# Kindness:

A Vegetarian Poetry Anthology



仁慈詩選



Translated by the Buddhist Text Translation Society

## Kindness: A Vegetarian Poetry Anthology

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Published and translated by:

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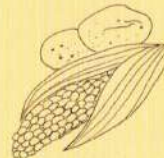
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# Preface

by Rev. Heng Sure, Ph.D. Berkeley Buddhist Monastery  
Chairperson, Buddhist Text Translation Society

For centuries, Chinese poets have written verses illustrating the Buddha's principles of kindness and compassion. The sentiments in the poems that follow have been collected and passed on through generations, memorized, illustrated and set to music. One reason for their continuing popularity is because they arise from kindness that touches the heart.

Now the poems have been translated into English, to touch the hearts of Western readers. It is significant that the authors of these poems were prime ministers, scholars, monks and nuns, farmers, aristocrats and men and women of letters, people from all walks who share a common thread: kindness that looks beyond satisfying a desire for flavor, to unselfish concern for the well-being of others. Each poem opens a window onto a world where animals are souls who temporarily inhabit bodies different from ours, but who, like us, are moving towards enlightenment and liberation from suffering.



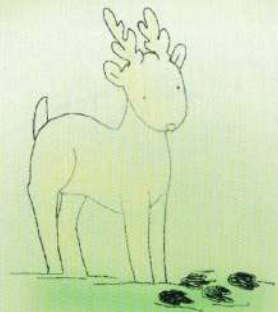
# The Kind-hearted Hermit

-- Lu Fuhuang (Tang Dynasty)

Around this lonely mountain top myriad peaks revolve,  
I've come to cultivate ascetic's disciplined resolve,  
I take my broom and sweep away  
the deer's tracks in the snow;  
The deer passed by, but in the morning,  
hunters will not know.

## 仁隱者

萬峰迴遶一峰深 到此常修苦行心  
自掃雪中歸鹿跡 天明恐有獵人尋  
—— 唐·陸甫皇





## Starting Point of Compassion

-- Master Hong Yi (Republic of China)

Don't say that insects' lives don't count,  
Don't say it's alright to let them drown.  
Did you know that just one thought of compassion,  
Is where basic human kindness begins?

### 仁之端

莫謂蟲命微 沉溺而不援  
應知惻隱心 是為仁之端  
—— 民·釋弘 ——





## The Snail

-- Feng Zikai (Republic of China)

Lazily watching a snail travel,  
I smooth his path before him,  
This guy's house makes a heavy load:  
Don't burden his steps any further.

### 蝸牛

閒看蝸牛走 親為築坦途  
此君家累重 莫教步崎嶇

——民·豐子愷

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