

宣化上人法語

# 為什麼要 放生

放生，為了增長我們的慈悲心，把衆生都放開，讓牠們得到自由。

再者，放生也就是「放我」，

因為我和衆生是一體的，衆生也就是我，我也就是衆生。

所以你想要得到你自己的放生，就得要先修這個放生：

你不修這個放生，就得不到那個放生。

這是生生不已、化化無窮的道理，你不要把這個放生看得小了。

你這兒做了一點，那地方就增加了很多：修道，就是自己要去修行的。

你不明白這個道理，切記不要批評這種法門。

Liberating life is to increase our compassion,  
letting living beings go and letting them be free.

Liberating life also is to liberate the self,  
because we are one substance with all beings.

I am the living beings, the living beings are me.

So if you want to liberate yourself, you must first practice liberating life.

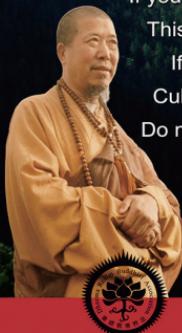
If you don't, then you won't gain liberation.

This is the theory of limitless birth and limitless transformation, don't take this lightly.

If you work on this, then you will grow in this area.

Cultivating the Way means cultivating yourself.

Do not slander this practice just because you do not understand the meaning of it.



## Why should we liberate life?

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