

Date: 04/06/2024 04/07/2024
Location: Double Saltree Meditation Center

Topics:

1: Dharma talk: Finding Calm in a Busy World

2: Buddhist Diet Health: Lotus Root

3: Buddhist Diet Culinary: Stir-fried Hericium Erinaceus with Lotus Roots

Main content:

1: Dharma talk: Finding Calm in a Busy World

Welcome to Double Saltree Meditation Center, everyone! Thank you for being here today as we gather to explore the theme of finding calm in a busy world. In our modern lives, we often find ourselves swept up in the chaos of daily responsibilities, social pressures, and the constant noise of our digital devices. It's easy to feel overwhelmed, disconnected, and even lost amidst the busyness. But today, I invite you to take a moment to pause and reflect on the teachings of the Dharma that guide us toward peace and clarity.

First, let's consider the nature of busyness. Our lives are filled with tasks and obligations, often leading us to believe that we must constantly be in motion to find purpose and fulfillment. However, this busyness can create a cycle of stress and anxiety that clouds our judgment and robs us of our inner peace. The Buddha taught that our attachment to craving—whether it's for success, approval, or possessions—can lead to suffering.

In recognizing this, we can begin to understand that calmness is not merely the absence of noise or activity; it is a state of being that we can cultivate, even amidst the busyness of life. One powerful practice we can adopt to find calm is mindfulness. Mindfulness is the practice of being fully present in the moment, aware of our thoughts, feelings, and surroundings without judgment. It invites us to step back from the whirlwind of our thoughts and reconnect with the here and now.

Incorporating mindfulness into our daily lives can be simple. It can be as easy as taking a few deep breaths before responding to a stressful situation, savoring the taste of our food, or simply being present during our daily tasks. When we practice mindfulness, we create a space between stimulus and response, allowing us to respond with clarity rather than react out of habit.

Another vital tool in finding calm is meditation. Meditation offers us a sanctuary where we can cultivate stillness and introspection. As we sit in meditation, we learn to observe our thoughts without being consumed by them. We create a gentle space for ourselves—a moment to reconnect with our inner peace.

As beginners, it's essential to approach meditation with kindness and patience. It's normal for the mind to wander; when it does, gently guide it back to your breath or chosen focal point. Over time, this practice helps us cultivate a deeper sense of calm that we can carry into our daily lives.

Finally, finding calm in a busy world involves connecting with our inner wisdom. The Buddha encouraged us to seek our truths, to understand ourselves more deeply. This understanding can guide us through the noise of life, reminding us of what truly matters.

Take a moment to reflect: What is your heart's desire? What brings you joy and fulfillment? By tuning into our inner voices, we can prioritize what is essential and let go of the distractions that weigh us down. May we all find moments of calm today and carry that serenity into our lives. Thank you

2: Buddhist Diet Health: Lotus Root

Lotus root (*Nelumbo nucifera*) is not only a delicious and versatile ingredient in many Asian cuisines but also a powerhouse of nutrition with several health benefits. Here are some key advantages of incorporating lotus root into your diet:

Rich Nutritional Profile:

Lotus root is low in calories and packed with essential nutrients. A 100-gram serving contains:

Vitamins: Rich in vitamin C, which supports the immune system and acts as an antioxidant.

Minerals: Good source of potassium, manganese, and copper, essential for various bodily functions.

Fiber: High fiber content aids in digestion and promotes gut health.

Digestive Health. The dietary fiber found in lotus root helps regulate bowel movements, preventing constipation and promoting a healthy digestive tract. It also supports a healthy gut microbiome, which is crucial for overall health.

Boosting Immunity. The antioxidants present in lotus root, particularly vitamin C, help combat free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases. A stronger immune system can better defend against infections and illnesses.

Skin Health. Lotus root is known for its skin-friendly properties. The vitamin C and antioxidants help improve skin complexion and reduce signs of aging, promoting a youthful glow. Consuming lotus root can also help in healing wounds and reducing inflammation.

Heart Health. The potassium content in lotus root helps regulate blood pressure levels and maintain heart health. Its high fiber content can also help lower cholesterol levels, further supporting cardiovascular health.

Weight Management. Being low in calories but high in fiber makes lotus root an excellent addition to a weight management plan. The fiber helps you feel full longer, reducing the likelihood of overeating. Incorporating lotus root into your meals not only adds flavor and texture but also provides a myriad of health benefits that align with a balanced, mindful approach to eating.

3: Buddhist Diet Culinary: Stir-fried Hericium Erinaceus with Lotus Roots



Ingredients:

Hericium erinaceus 40g, lotus root 300g, vegetable oil, salt, soy sauce, coriander, ginger

Steps:

1. Soak hericium erinaceus and change the water at appropriate intervals.
2. Put hericium erinaceus into a pot, cook for 20 minutes, drain the water, and cut it into small pieces.
3. Peel and wash lotus root. Pick and wash coriander.
4. Slice lotus root and cut coriander into segments.
5. Add some oil to a wok and stir fry the ginger.
6. Add soy sauce and water and stir fry evenly. Cover the wok with a lid, and stir-fry timely.
7. Cook the hericium erinaceus for 5 minutes, and then add the lotus root.
8. Roast until ingredients are cooked, add salt and stir-fry evenly.
9. Turn off the heat, add coriander and stir well.