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Location: Double Saltree Meditation Center

Topics:

1: Dharma talk: The Forty-eight Great Vows of Amitabha Buddha

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Main content:

1: Dharma talk: The Forty-eight Great Vows of Amitabha Buddha

Welcome to Double Saltree Meditation Center, everyone! Amitabha, a celestial Buddha, made these vows during his time as a bodhisattva named Dharmakara. His vows express a deep compassion to lead all sentient beings to enlightenment, providing them with a path to liberation, regardless of their spiritual capacities.

- (1) vowing that the Land is free from evil paths.
- (2) vowing that the living beings will never again fall into the evil paths.
- (3) vowing that the living beings will each obtain a golden body.
- (4) vowing that they will obtain the thirty-two marks of a great man.
- (5) vowing that the living beings are of the same kind.
- (6) vowing that the living beings will obtain the spiritual power of knowing former lives.
- (7) vowing that the living beings will obtain the spiritual power of Heavenly Eyes.
- (8) vowing that the living beings will obtain the spiritual power of Heavenly Ears.
- (9) vowing that the living beings will obtain the spiritual power of others' minds.
- (10) vowing that the living beings will obtain the spiritual power of moving.
- (11) vowing that the living beings will be able to pervasively making offerings to all The Buddhas.
- (12) vowing that the living beings will surely accomplish Buddhahood.
- (13) vowing that He will obtain endless bright lights.
- (14) vowing that the living beings will be serene and happy when they encounter the lights.
- (15) vowing that the living beings will obtain eternal life.
- (16) vowing that there will have uncountable Sound Hearers.
- (15) vowing that the living beings will obtain eternal life.
- (16) vowing that there will have uncountable Sound Hearers.
- (17) vowing that all The Buddhas will praise His Name.

(18) vowing that living beings are certainly to obtain a reborn in his Land if they are able to be mindful of Him in ten successive thoughts.

(19) vowing that the living beings will bring forth the Bodhi Resolve when they have heard of His Name.

(20) vowing that He will welcome the living beings to His Land when they are to leave their present lives.

(21) vowing that living beings will be reborn in His Land when they realize of their mistakes and reform.

(22) vowing that the Land consists of no female.

(23) vowing that the woman will dislike her present form body and will be born as a man in His Land.

(24) vowing that the living beings will be born from transformation in the lotus flowers.

(25) vowing that the Heavenly and Earthly beings will be respectful to them.

(26) vowing that the living beings will obtain blessings when they have heard of His Name.

(27) vowing that the living beings will cultivate specially wonderful pure conducts.

(28) vowing that the Land is free from all evils.

(29) vowing that the living beings will dwell in The Proper Concentration.

(30) vowing that the happiness is the same as the extinction of all outflows.

(31) vowing that living beings will not be greedy for self benefit.

(32) vowing that the living beings will obtain the Vajra Indestructible Bodies.

(33) vowing the living beings will obtain brilliant light and wonderful eloquence.

(34) vowing that the living beings are good at discussing the important Dharmas.

(35) vowing that the living beings will arrive at the Position of only one birth before Buddhahood.

(36) vowing that living beings will be free to teach and transform other beings.

(37) vowing that the clothes and food will appear as one has wished for them.

(38) vowing that all The Buddhas will receive their offerings as soon as they think.

(39) vowing that the adornments will be inexhaustible.

(40) vowing that the trees are of different and uncountable colors.

(41) vowing that all the Buddhalands will appear among the trees.

(42) vowing that the lights of the Land will thoroughly illuminate the ten directions.

(43) vowing that the precious fragrance will pervasively perfume the ten directions.

(44) vowing that the living beings will obtain the Samadhi of Pervasive Equality.

(45) vowing that all living beings will be able to make offerings to all the Buddhas in their Samadhi.

(46) vowing that the living beings will obtain the Dharanis.

(47) vowing that the living beings will obtain the endurance when they hear of His Name.

(48) vowing that the living beings will arrive at the position of Non-retreating presently.

Amitabha's Forty-eight Vows can be seen as a beacon of hope and comfort for those seeking liberation from the endless cycles of suffering in samsara. They teach that no one is beyond redemption, and that through sincere faith, recitation, and dedication, any being can be reborn into a realm where enlightenment is guaranteed.

2: Buddhist Diet Health: Potato

In the context of a Buddhist diet, potatoes are valued not only for their nutritional benefits but also for their versatility and alignment with vegetarian and vegan lifestyles. Potatoes, a staple in many cultures, can fit into the broader framework of Buddhist dietary principles that emphasize plant-based foods for both health and ethical reasons.

Health Benefits of Potatoes

Potatoes are a nutrient-dense food, offering a range of health benefits:

Rich in Nutrients: Potatoes provide a good source of essential vitamins and minerals such as vitamin C, potassium, vitamin B6, and magnesium. These nutrients are crucial for immune support, muscle function, and overall well-being.

High in Fiber: With their skin on, potatoes are a good source of dietary fiber, which aids digestion and promotes gut health. Fiber helps regulate blood sugar levels and can contribute to a feeling of fullness, making it easier to manage weight.

Complex Carbohydrates: Potatoes are packed with complex carbohydrates, which are a primary source of energy. Unlike refined carbohydrates, complex carbs in potatoes digest more slowly, providing a steady energy release without rapid spikes in blood sugar.

Antioxidants: Potatoes contain antioxidants like flavonoids and carotenoids, which can help neutralize harmful free radicals in the body. This may reduce the risk of chronic diseases, including heart disease and cancer.

Low in Fat: Potatoes are naturally low in fat, making them an excellent option for those following a low-fat diet, which is common in many Buddhist dietary practices.

Potatoes are incredibly versatile in Buddhist cuisine and can be prepared in many ways while adhering to the principles of mindfulness and non-harming.

While potatoes are not native to Asia, they have become integrated into many Asian diets, including those influenced by Buddhism. The simplicity and adaptability of the potato align with Buddhist dietary ideals of moderation and mindful eating.

In monasteries, food preparation often reflects the principles of balance and nourishment. Potatoes are considered grounding and provide sustenance for long hours of meditation and physical labor. The

humble potato, devoid of any luxury or extravagance, symbolizes a practical and modest approach to nourishment, reflecting the Buddhist values of simplicity and non-attachment.

In addition, potatoes, like other plant-based foods, are in line with the Buddhist principle of ahimsa (non-violence), which encourages eating in a way that minimizes harm to living beings.

3: Buddhist Diet Culinary: Greek Lemon Potatoes

Ingredients:



Ingredients:

3 lb. baking potatoes, peeled, cut into 1½" cubes

½ cup extra-virgin olive oil

½ tsp. Morton kosher salt

Freshly ground black pepper

⅓ cup fresh lemon juice

Steps:

1. Place rack in center of oven, preheat oven to 400°F.
2. Place 3 lb. baking potatoes, peeled, cut into 1½" cubes, in a single layer in a 13x9" metal baking dish or roasting pan and pour ½ cup extra-virgin olive oil over. ½ tsp. Morton kosher salt, and freshly ground black pepper to taste and toss well to coat with oil.
3. Roast potatoes for 15 minutes. Add ⅓ cup fresh lemon juice, toss again, and continue to bake until potatoes are fork tender, 10–15 minutes more.
4. Preheat broiler on high; broil potatoes until golden brown and turning crispy, 2–3 minutes.