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Location: Double Saltree Meditation Center

Topics:

1: Dharma talk: How to Eradicate Defilements? Praying to the Buddha with One Mind

2: Buddhist Diet Health: Soybean sprouts

3: Buddhist Diet Culinary: Stir-fry soybean sprouts

Main content:

1: Dharma talk: How to Eradicate Defilements? Praying to the Buddha with One Mind

Welcome to Double Saltree Meditation Center, everyone! In Buddhism, eradicating defilements—such as greed, anger, and ignorance—is essential to attaining peace and liberation. These defilements cloud the mind, leading to suffering and delusion. One powerful method of purifying the mind and gradually eliminating these defilements is through sincere, single-minded prayer to the Buddha.

1. Understanding Defilements

Defilements are mental impurities that lead to unwholesome thoughts, words, and actions. They are obstacles to clarity, inner peace, and spiritual progress. The three primary defilements, also known as the Three Poisons, are:

Greed (lobha): Attachment and craving for pleasure and possessions.

Anger (dosa): Hostility, resentment, and ill will.

Ignorance (moha): Misunderstanding or delusion about the true nature of reality.

These defilements are the root causes of suffering, as they drive the mind into attachment, aversion, and confusion.

2. Praying to the Buddha with One Mind

In Buddhist practice, praying to the Buddha with one mind—fully focused, sincere, and devoted—creates a powerful method for transforming the mind. This prayer is not merely a request for blessings; it is an expression of refuge, surrender, and dedication to following the Buddha's teachings.

Steps to Practice Single-Minded Prayer:

Cultivate Devotion: Begin by cultivating a sincere feeling of reverence and gratitude toward the Buddha. Visualize the Buddha as a source of wisdom, compassion, and guidance.

Set a Clear Intention: Before praying, clearly intend to purify the mind and eliminate specific defilements. This clarity of purpose empowers the prayer and aligns it with your commitment to inner growth.

Focus on a Buddha Mantra or Name: Recite a mantra, such as “Namo Amitabha Buddha,” or the name of a chosen Buddha repeatedly, using this as an anchor for your attention. This mantra serves as a bridge between your own mind and the enlightened mind of the Buddha, gradually purifying thoughts and emotions.

Surrender and Open the Heart: With each recitation, open your heart and surrender any defilements you recognize within yourself. Acknowledge these with humility and an aspiration to transform. As you chant, imagine the Buddha’s light filling your heart, dispelling anger, greed, and ignorance.

Cultivate One-Pointedness: Concentrate your mind solely on the Buddha's image, name, or qualities. Practicing this focused prayer helps calm the mind, making it receptive to deeper wisdom and compassion.

Develop Self-Reflection: After the prayer session, take time for reflection. Consider which defilements are strongest in your life and how you can apply the Buddha's teachings to confront these challenges.

3. The Power of Single-Minded Prayer

Through devoted prayer, one gradually dissolves attachment to unwholesome thoughts and habits. With each session, the mind becomes more receptive to wisdom and less controlled by defilements. This type of prayer also nurtures the qualities of patience, humility, and compassion, empowering one to embrace the Buddhist path more deeply.

Praying to the Buddha with one mind becomes a refuge and a transformative practice, as each sincere recitation cleanses the heart and mind. This prayer leads to an experience of inner peace, joy, and clarity, opening the path to liberation from defilements.

2: Buddhist Diet Health: Soybean sprouts

Soybean sprouts are a nutritious staple in the Buddhist diet, offering a wealth of health benefits, culinary versatility, and cultural significance.

Health Benefits of Soybean Sprouts

Rich in Protein: Soybean sprouts are a fantastic plant-based protein source, making them ideal for vegetarian diets and helping to maintain muscle health.

High in Vitamins and Minerals: They provide essential nutrients like vitamins C, K, and B, along with folate and iron, which support immunity, bone health, and energy production.

Fiber for Digestive Health: The fiber in soybean sprouts aids in digestion and promotes satiety, making them beneficial for maintaining a balanced diet.

Low in Calories and Fat: With few calories and minimal fat, soybean sprouts are ideal for those looking to maintain a healthy weight while enjoying nutrient-dense foods.

Antioxidant Properties: These sprouts contain antioxidants that help combat inflammation and oxidative stress, supporting overall health.

In Buddhist cuisine, soybean sprouts symbolize purity and renewal, as they are harvested at the peak of freshness and require minimal processing. This simplicity aligns with Buddhist principles of mindful and wholesome eating. Their sprouting process also reflects growth and transformation, symbolizing the potential for personal development within Buddhist practice.

Incorporating soybean sprouts into a Buddhist diet offers a nutritious, balanced approach to eating that nourishes both body and spirit, reinforcing principles of health, mindfulness, and simplicity.

3: Buddhist Diet Culinary: Stir-fry soybean sprouts



Ingredients:

2 cups fresh soybean sprouts, rinsed and drained

1 tablespoon vegetable oil or sesame oil

1/2 teaspoon salt (adjust to taste)

1/2 teaspoon soy sauce or tamari (optional, for a bit more flavor)

1/4 teaspoon sesame seeds (optional, for garnish)

A pinch of ground white pepper (optional)

Steps:

1. Rinse the soybean sprouts thoroughly and drain well.

2. Heat the Oil:

In a large skillet or wok, heat the vegetable or sesame oil over medium-high heat.

3. Add the Soybean Sprouts:

Add the soybean sprouts to the pan and increase the heat to high. Sauté the sprouts, stirring constantly, for about 3-4 minutes until they become tender-crisp.

4. Season the Sprouts:

Add salt, soy sauce (if using), and white pepper (if desired) and mix well to ensure the seasonings are evenly distributed.

5. Garnish and Serve:

Remove from heat, transfer to a serving dish, and sprinkle with sesame seeds.