

Date: 12/14/2024 12/15/2024

Location: Double Saltree Meditation Center

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Topics:

1: Dharma Talk: What is Meditation? And How to Meditate?

2: Buddhist Diet Health: Chayote

3: Buddhist Diet Culinary: Corn and Chayote Soup

Main content:

1: Dharma Talk: What is Meditation? And How to Meditate?

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: What is Meditation? How to Meditate? Meditation, one of the core Buddhist practices, literally means: quiet filter, or enter into concentration. However, Meditation, requires mindful realization, mindful experience; meditation, mindful practice, mindful perception. Meditation is not only a method of cultivating the mind, practicing and practicing, it is also a kind of wisdom understanding of the Way, the Law, the laws of the universe, and the truth of life.

Meditation is to start from the fundamental ground of the heart, to point directly to the true heart, to realize Buddhahood; to point directly to the Great Way, to realize the true law; to point directly to the law, to realize the true meaning; to point directly to the nature, to realize birth and death; meditation is to realize the wisdom of the self-sufficiency, to realize the life, the impermanence of selflessness, the transcendence of the mundane and the awakening of awareness and enlightenment.

Meditation is to cultivate the mind; Meditation is to cultivate; Meditation is egolessness; Meditation is inaction; Meditation is silence; Meditation is nirvana; Meditation is to awaken to the Way. Meditation is to awaken to the truth, to realize the truth; Meditation is to correspond with the Way at all times, to be in harmony with the Law, to be one with the laws of the universe. Meditation can be achieved by meditating, but it is not limited to meditation.

Meditation, which can be lived, sat, or lay down. You can meditate with a pure mind, settle your body and mind, stop your thoughts, focus on your breathing, and achieve silence. Meditation, which can look inside and outside, can observe all things, and can know their nature. Letting go of all attachments, letting go of all separations, letting go of all delusions, illuminating the emptiness of all five skandhas, and eliminating all suffering.

For beginners, Meditation can be done by meditating or sitting still to calm the body, breath and mind. In the following, I will introduce some ways and means for beginners in meditation.

1. **Environment:** You can choose a Buddhist temple or a quiet, clean and comfortable environment which will help you to concentrate.
2. **Sitting posture:** You can sit in a double or single plank, or in a loose, upright position. Keep your back naturally straight, hands forming hand seals or placing them on both knees, palms up. Eyes slightly open, jaw slightly closed, shoulders relaxed, the whole body to maintain stability, relaxation.

3. **Breathing adjustment:** Breathe naturally, without intentional adjustment, just gently perceive the breath and feel the flow of air through the nasal passages. You can also breathe abdominally, inhale slowly and feel your abdomen expand, then exhale slowly and feel your abdomen recover.
4. **Adjustment of the mind:** relaxation, peace of mind meditation, if distractions, can observe the breath to focus on the breath, can also hold the chanting of Buddha's name, or scripture, helps to enter the pure into the meditation.
5. **Time:** about 30 minutes is appropriate. As the meditation practice deepens and the meditation deepens, you can increase the length on your own according to the actual situation.

Meditation is the mind and method of becoming a Buddha; Meditation is the road to Nirvana and liberation; Meditation is that there is no Bodhi tree, and the mirror is not a stand. There is nothing at all, so where can dust gather?

Meditation, for the modern society, can benefit the people, can help the people, let Meditation become a social stream, reduce the pressure of people and society, improve people's mentality and concentration, enhance people's inner awakening awareness, peace, harmony and tolerance, selflessness and selflessness, purity, equality and righteousness, for the benefit of mankind, for the benefit of the people.

These are the topics shared with you today, feel free to subscribe and like and follow, thank you, Amitabha!

2: Buddhist Diet Health: Chayote

Chayote, also known as vegetable pear or mirliton, is a versatile, nutrient-rich vegetable commonly used in various cuisines. In a Buddhist diet, foods are chosen not only for their nutritional value but also for their ability to support mental clarity, compassion, and overall well-being. Chayote fits well into this framework due to its many health benefits.

Health Benefits of Chayote:

Low in Calories and Rich in Fiber:

Chayote is low in calories and contains a high amount of fiber, making it an excellent food for those looking to maintain a healthy weight or improve digestive health. Fiber promotes regular bowel movements, helps lower cholesterol levels, and supports gut health, which is important for overall well-being.

Rich in Nutrients:

Chayote is a good source of important vitamins and minerals, including:

Vitamin C: An antioxidant that supports the immune system, skin health, and helps reduce inflammation.

Folate (Vitamin B9): Essential for cell growth and repair, making it important for pregnant women and overall cellular health.

Vitamin B6: Crucial for brain health and the production of neurotransmitters that regulate mood and stress.

Potassium: A key mineral that supports heart health, muscle function, and the balance of fluids in the body.

Magnesium: Important for nerve and muscle function, and also helps in maintaining good sleep, reducing stress, and relaxing the muscles.

Antioxidant Properties:

Chayote contains various antioxidants, including flavonoids and phenolic compounds, that help neutralize free radicals in the body. This can help reduce the risk of chronic diseases and slow down the aging process.

Supports Heart Health:

The high potassium and magnesium content in chayote supports a healthy heart by promoting proper blood circulation, reducing high blood pressure, and regulating heart rhythms. The fiber in chayote also helps lower cholesterol levels, which is beneficial for cardiovascular health.

Anti-Inflammatory Benefits:

Chronic inflammation is linked to many health issues, including arthritis, heart disease, and certain cancers. The antioxidants and phytonutrients in chayote help reduce inflammation and may contribute to overall health and longevity, aligning with the Buddhist concept of reducing suffering and promoting well-being.

Hydration and Detoxification:

Chayote is made up of about 90% water, which can help hydrate the body. Proper hydration is crucial for detoxifying the body, supporting kidney function, and maintaining healthy skin and digestion.

Seasonal and Local: Buddhism encourages eating food that is local, seasonal, and fresh, which aligns with chayote's availability in many regions. Choosing foods in season not only supports sustainability but also aligns with Buddhist values of simplicity and mindfulness in consumption.

Chayote is an excellent addition to a Buddhist diet, as it aligns with the principles of health, mindfulness, and compassion. Packed with essential nutrients, fiber, and antioxidants, it offers a wide range of health benefits, from supporting heart health to promoting mental clarity. Its versatility in cooking makes it easy to incorporate into a variety of dishes, making it an ideal food for those following a plant-based, satvic lifestyle. Whether you're preparing a simple stir-fry or a hearty soup, chayote can help nourish both the body and the mind, supporting a balanced and compassionate way of living.

3: Buddhist Diet Culinary: Corn and Chayote Soup



Ingredients:

2 medium chayotes, peeled, cored, and chopped

2 cups fresh or frozen corn kernels (about 2-3 ears of corn, or 2 cups frozen)

1 medium potato, peeled and diced (optional, for added creaminess)

4 cups vegetable broth

1 tablespoon olive oil

Salt and pepper, to taste

Steps:

1. Peel and chop the chayote into small cubes. If using fresh corn, cut the kernels off the cob.

2. In a large pot, heat the olive oil over medium heat.

Add the chopped chayote and potato (if using) to the pot and stir for 2-3 minutes. This will help develop the flavors.

3. Pour in the vegetable

Add the corn kernels to the pot and stir to combine. Bring the soup to a gentle boil, then reduce the heat to low. Let it simmer for about 15-20 minutes, or until the chayote and potato are tender.

4. Season to Taste:

Taste the soup and season with salt and pepper as needed.

5. Serve:

Ladle the soup into bowls.