

Date: 12/07/2024 12/08/2024

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: What is the Buddhist Diet? The relationship between the Buddhist Diet and meditation.

2: Buddhist Diet Health: Avocado

3: Buddhist Diet Culinary: Avocado Bread

Main content:

1: Dharma Talk: What is the Buddhist Diet? The relationship between the Buddhist Diet and meditation.

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: What is the Buddhist Diet? And the relationship between the Buddhist Diet and Meditation.

First of all, let us clarify what is the Buddhist Diet?

What are the specific characteristics of the Buddhist Diet?

First. Abstain from killing

The Buddhist Diet is a purely plant-based diet. For Buddhists, the Buddhist Diet is to abstain from meat, fish and all other animal foods. In Buddhism, the Five Precepts are the most basic and important five precepts, i.e., do not kill, do not steal, do not engage in evil behavior, do not speak delusively, and do not drink alcohol. And among the five precepts, the most important one is not to kill. This shows the importance of Buddhist Diet in Buddhism.

Second, Abstain from five spices

Five pungent refers to green onions, garlic, leeks, onions, Xingqu and so on. In the Buddhist diet precepts, the five spices are considered to be pungent foods, including their pungent odor, which can affect and stimulate human emotions, which is not conducive to Buddhist practice, purification, and elevation. Therefore, among the Buddhist precepts, abstaining from the five spices, according to the custom of the Buddhist Diet, is one of the precepts that Buddhists should follow on a daily basis.

The Buddhist Diet, the important precepts laid down by the Buddha, should be upheld and strictly observed, and we should follow the teachings and act in accordance with the precepts.

Buddhism should to radically reform, Buddhists should to radically reform. Buddhist disciples should return to Shakyamuni Buddha, to the precepts of Shakyamuni Buddha, to the teachings handed down by Shakyamuni Buddha, and to the Tripitaka Twelve Classics proclaimed by Shakyamuni Buddha.

To study the Buddha is to study Shakyamuni Buddha, to study the Buddha is to study the life of Shakyamuni Buddha, to practice in accordance with the precepts laid down by Shakyamuni Buddha, and to practice them, while daily refining them, daily protecting them, and daily observing them.

The Buddhist diet is a manifestation of compassion and an important way of meditation. The Buddhist diet is closely linked to meditation, and the two complement each other. The Buddhist diet provides a

pure physical and mental foundation for meditation, and also helps deepen meditation through dietary moderation and light diet.

This is just like the roots and branches of a big tree, the purity of food and drink nourishes the realization of body and mind and provides a good foundation for meditation. And the wisdom of meditation, the contemplation of meditation, can enable people to more deeply appreciate the incredible nature of Buddhist Diet.

Practice Buddhist Diet, practice abstinence from killing, practice compassion, practice based on Buddhist Diet. Study the Buddha's teachings, study the Buddha's wisdom, and study the Buddha's enlightenment.

The Buddha spent his life evolving the Way, his life evolving the Dharma, and his life practicing transmigration and teaching all sentient beings. The Buddha formulated the precepts that Buddhists should follow, which are conducive to the cultivation of our mind, our practice, and our cultivation.

The Buddha spent his whole life practicing the Way, his whole life practicing the Dharma, and his whole life practicing and teaching all sentient beings. The Buddha established the precepts that Buddhists should follow, which are conducive to the cultivation of our mind, practice, and cultivation. It is also good for our physical and mental health and inner purity. The Buddha is a great Enlightened Being, and through his own practice, and his own cultivation, he has evolved and taught, and benefited the masses in the Saha world, so that all beings can follow the Dharma, have the precepts to hold, and have the way to cultivate.

By practicing according to the Buddha's teachings, we can attain enlightenment, and by practicing according to the Buddha's precepts, we can realize the true essence. This is the theme shared with you today, thank you, Amitabha Buddha!

2: Buddhist Diet Health: Avocado

Avocado can be a healthy addition to a Buddhist diet, especially when considering the principles of balance, mindfulness, and health that are central to many Buddhist dietary practices.

Nutritional Benefits of Avocado

Avocados are rich in nutrients, which can contribute to health and well-being. They are a good source of:

Healthy fats (monounsaturated fats), which support heart health and help in the absorption of fat-soluble vitamins (like vitamins A, D, E, and K).

Fiber, which aids digestion and promotes a sense of fullness.

Potassium, which helps regulate blood pressure.

Vitamins like Vitamin K, Vitamin E, Vitamin C, and several B vitamins (including folate).

Antioxidants, which can reduce oxidative stress and inflammation.

Buddhist teachings often emphasize eating seasonal and locally sourced food, which is more environmentally sustainable and healthier. In places where avocados are grown locally, they are a natural choice.

Avocados can be a healthy, compassionate, and mindful addition to a Buddhist diet. Their rich nutritional profile supports physical health, and their plant-based nature aligns with the ethical principles of non-harming and compassion.

3: Buddhist Diet Culinary: Avocado Bread



Ingredients:

- 1 ripe avocado
- 1 cup sugar (you can substitute with honey or maple syrup for a healthier option)
- 1/2 cup vegetable oil or melted coconut oil
- 2 cups all-purpose flour (or whole wheat flour for a healthier option)
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt

Steps:

1. Preheat the oven to 350°F (175°C). Grease and flour a loaf pan, or line it with parchment paper.
2. Prepare the avocado: Mash the ripe avocado in a small bowl until smooth.
3. Mix the wet ingredients: In a large bowl, whisk together the mashed avocado, eggs, sugar, oil, and vanilla extract until fully combined and smooth.
4. Combine the dry ingredients: In another bowl, whisk together the flour, baking soda, baking powder, salt.

5. Add the dry ingredients to the wet ingredients: Gradually add the dry mixture to the wet mixture, stirring just until combined. Be careful not to overmix.
6. Add the milk: Pour in the milk and stir to combine. The batter should be thick but pourable.
7. Bake: Pour the batter into the prepared loaf pan and spread it out evenly. Bake in the preheated oven for 50-60 minutes, or until a toothpick inserted into the center comes out clean.
8. Cool: Let the bread cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
9. Serve: Slice and enjoy! You can enjoy the bread as is, , jam.