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Location: Double Saltree Meditation Center

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Topics:

1: Dharma Talk: The Shurangama Mantra - The King of Mantras.

2: Buddhist Diet Health: Oatmeal

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Main content:

1: Dharma Talk: The Shurangama Mantra - The King of Mantras.

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: The Shurangama Mantra - The King of Mantras. The Shurangama Mantra is one of the most powerful and revered mantras in Mahayana Buddhism, especially in the Chinese Buddhist tradition. The Shurangama Mantra is often regarded as the “King of Mantras” in Mahayana Buddhism due to its immense spiritual power, depth, and ability to protect and purify. Found in the Shurangama Sutra, this mantra is widely recited in Chinese Buddhist monasteries and by devoted practitioners worldwide.

Why is the Shurangama Mantra Called the King of Mantras?

1. Ultimate Protection and Power. The Buddha proclaimed that this mantra has unparalleled power in subduing demons, dispelling negative energies, and protecting sincere practitioners on their path to enlightenment. It is considered the supreme mantra for eradicating afflictions, breaking attachments, and overcoming inner and outer obstacles.
2. Comprehensive and Vast. Unlike other shorter mantras, the Shurangama Mantra is one of the longest and most intricate Buddhist mantras. It contains numerous invocations to Buddhas, Bodhisattvas, Dharma protectors, celestial beings, and enlightened deities, making it a complete spiritual fortress.
3. Direct Connection to Enlightenment. The mantra is directly linked to the nature of the mind and the realization of true wisdom. The Shurangama Sutra teaches that delusions and desires cause suffering, and through the mantra’s vibrations and energy, one can cut through ignorance and attain insight into the true nature of reality.
4. Essential for Dharma’s Survival. Many Buddhist masters have stated that as long as the Shurangama Mantra is recited in the world, the true Dharma will remain. If it is lost, Buddhism itself will decline. Thus, reciting and upholding this mantra is seen as a way of preserving the Buddha’s teachings.

The Origin of the Mantra in the Shurangama Sutra. The mantra was revealed in the Shurangama Sutra, which recounts the story of Ananda, a close disciple of the Buddha. Ananda, due to his deep knowledge but lack of samadhi, was nearly seduced by a powerful demoness. The Buddha, seeing Ananda's plight, instructed Manjushri Bodhisattva to recite the Shurangama Mantra to dispel the demonic influence and restore Ananda's clarity. This incident highlights the mantra's power to protect the mind and prevent practitioners from falling into delusions and desires.

The Profound Benefits of Reciting the Shurangama Mantra

Eliminates Negative Karma – Purifies past negative actions and brings positive energy.

Enhances Wisdom and Concentration – Deepens meditation and cultivates profound insight.

Brings Peace and Harmony – Creates auspicious energy for individuals and society.

Upholds the True Dharma – Ensures the survival and flourishing of Buddhism.

How to Practice the Shurangama Mantra?

1. Consistency and Sincerity. Recite daily, preferably in the morning, as traditionally done in monastic settings. Uphold a pure heart and sincere devotion while chanting.
2. Proper Pronunciation. Since it is a Sanskrit transliteration, accurate pronunciation carries vibrational potency. Many monasteries offer recordings to help with proper recitation.
3. Integrate It into Meditation. Recite before or after meditation to clear the mind and enhance concentration. Visualize protective light surrounding you, purifying body, speech, and mind.

The Shurangama Mantra and the Future of Buddhism. Many Buddhist masters have stated that as long as this mantra is recited, Buddhism will continue to thrive in the world. In today's fast-paced and chaotic world, the mantra serves as a shield against confusion, negative influences, and inner turmoil.

The Shurangama Mantra is more than just words; it is a profound spiritual force that awakens wisdom, protects the mind, and preserves the Dharma. It is truly the King of Mantras, guiding countless beings toward enlightenment.

2: Buddhist Diet Health: Oatmeal

Oatmeal is a nutritious, versatile, and sattvic (pure) food that aligns well with the principles of the Buddhist diet. It is known for its health benefits, simplicity, and ability to nourish the body and mind. As a whole grain, oatmeal provides sustained energy, making it an excellent food choice for monastics, meditators, and anyone seeking a balanced, plant-based diet.

Health Benefits of Oatmeal in a Buddhist Diet

1. Promotes Physical Well-being

High in Fiber – Oatmeal is rich in soluble fiber (beta-glucan), which helps lower cholesterol, supports digestion, and maintains a healthy gut microbiome.

Steady Energy Release – Its complex carbohydrates provide long-lasting energy, perfect for sustained meditation and mindful activities.

Heart-Healthy – Regular consumption reduces the risk of heart disease and stabilizes blood sugar levels.

2. Supports a Mindful and Peaceful State

Regulates Blood Sugar – Oats prevent spikes and crashes in energy, reducing mood swings and irritability, which helps cultivate mental clarity and patience.

Contains Essential Nutrients – It is rich in B vitamins, magnesium, and iron, which are essential for brain function, relaxation, and overall vitality.

3. Simple and Pure (Sattvic Food)

Minimal Processing – Traditional Buddhist diets favor whole, natural foods, and oats are a wholesome, unrefined grain.

Non-Stimulating – Unlike coffee or refined sugar, oatmeal provides calm, sustained nourishment without overstimulating the mind.

3: Buddhist Diet Culinary: Tofu Oatmeal Pancakes



Ingredients:

½ cup silken tofu (blended or mashed)

1 cup rolled oats (ground into flour or used whole for texture)

½ cup plant-based milk (soy, almond, or oat milk)

1 tablespoon flaxseed meal (mixed with 2 tbsp water; optional for extra binding)

1 tablespoon maple syrup or mashed banana (for natural sweetness)

1 teaspoon baking powder

½ teaspoon cinnamon (optional, for flavor)

1 teaspoon vanilla extract

Pinch of salt

Coconut oil (for cooking, or a non-stick pan)

Steps:

1. Prepare the batter

In a blender, combine silken tofu, oats, plant-based milk, flaxseed mixture, maple syrup, vanilla, baking powder, cinnamon, and salt.

Blend until smooth. If too thick, add a little more milk. If using whole oats, let the batter sit for 5 minutes to soften.

2. Heat the pan

Lightly grease a non-stick pan or griddle with coconut oil over medium heat.

3. Cook the pancakes

Pour ¼ cup batter for each pancake.

Cook for about 2-3 minutes until bubbles appear and edges firm up.
Flip and cook for another 1-2 minutes until golden brown.

4. Serve

Enjoy with fresh fruit, nut butter, or a drizzle of maple syrup.