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Location: Double Saltree Meditation Center

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Topics:

1: Dharma Talk: The Shurangama Mantra Chapter 2

2: Buddhist Diet Health: Whole wheat tortillas

3: Buddhist Diet Culinary: Vegan Burrito (Tortilla)

Main content:

1: Dharma Talk: The Shurangama Mantra Chapter 2

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 Chapter 2. The Shurangama Mantra is a powerful and important Buddhist mantra found in the Shurangama Sutra, which is revered in Mahayana Buddhism. It is believed to have deep spiritual and meditative significance. The second chapter of the Shurangama Sutra primarily involves the profound teachings of the Buddha on meditation and wisdom, focusing on the importance of concentration and the overcoming of illusions.

The Shurangama Mantra itself is introduced in Chapter 2, and it is often used for protection and guidance, assisting practitioners in breaking through delusions and reaching a higher state of awareness and understanding. The mantra, in its entirety, is quite long and is often recited as part of Buddhist rituals or personal meditation practices.

Here is the Shurangama Mantra Chapter 2:

188) wu xin

189) li shai jie na

190) bo la she xi duo

191) sa dan tuo

192) qie du shai ni shan

193) hu xin du lu yong

194) zhan po na

195) hu xin du lu yong

196) xi dan po na

197) hu xin du lu yong

198) bo la shai di ye

199) san bo cha

200) na jie la

201) hu xin du lu yong

202) sa po yao cha

203) he la cha suo
204) jie la he ruo she
205) pi teng beng sa na jie la
206) hu xin du lu yong
207) zhe du la
208) shi di nan
209) jie la he
210) suo he sa la nan
211) pi teng beng sa na la
212) hu xin du lu yong
213) la cha
214) po qie fan
215) sa dan tuo
216) qie du shai ni shan
217) bo la dian
218) she ji li
219) mo he suo he sa la
220) bo shu suo he sa la
221) shi li sha
222) ju zhi suo he sa ni
223) di li e bi ti shi po li duo
224) zha zha ying jia
225) mo he ba she lu tuo la
226) di li pu po na
227) man cha la
228) wu xin
229) suo xi di
230) bo po du
231) mo mo
232) yin tu na mo mo xie

The above is the chapter 2 of the Shurangama Mantra. Let's stop here for today. I hope everyone will recite it more often. Namo Amitabha!

2: Buddhist Diet Health: Whole wheat tortillas

A Buddhist diet emphasizes mindfulness, compassion, simplicity, and health, often incorporating plant-based, whole foods that are nourishing for the body and spirit. Whole wheat tortillas align well with these principles as they are wholesome, minimally processed, and made from natural ingredients.

Health Benefits of Whole Wheat Tortillas in a Buddhist Diet

Nutrient-Dense: Whole wheat tortillas are rich in fiber, B-vitamins, iron, and magnesium, making them a healthy choice for maintaining good digestive health, providing energy, and promoting overall well-being.

Sustaining and Grounding: In Buddhist practice, food is often seen as a means to support meditation and mindfulness. Whole wheat tortillas, with their complex carbohydrates, provide slow-release energy that can help sustain a calm and focused mind.

Balanced and Simple: The ingredients for whole wheat tortillas are simple and whole, promoting a healthy, balanced diet. Buddhist eating practices often focus on simplicity and moderation, making whole wheat tortillas a fitting option.

Health and Mindful Benefits in a Buddhist Context

Simplicity in Ingredients: The whole wheat flour, salt, water, and oil are basic, wholesome ingredients, which align with the Buddhist principle of simplicity and avoiding unnecessary complexity in food preparation.

Energy for Meditation: Whole grains, like whole wheat, are an excellent source of complex carbohydrates, providing steady energy that supports meditation and mindfulness practices. The slow-releasing energy from whole wheat tortillas can keep your mind and body calm and stable throughout the day.

Whole wheat tortillas are a perfect food to incorporate into a Buddhist-inspired diet, offering nourishment, simplicity, and mindfulness. They are plant-based, whole-grain, and can be easily customized to fit any dietary needs. Whether you use them for wraps, burritos, or as a side to a vegetable-based dish, whole wheat tortillas provide a satisfying and healthful foundation for meals that align with Buddhist principles of health, balance, and compassion.

3: Buddhist Diet Culinary: Vegan Burrito (Tortilla)



Ingredients:

- 1 cup cooked rice (brown or white)
- 1 can (15 oz) black beans, drained and rinsed (or any beans of your choice)
- 1 large avocado, sliced
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 bell pepper, chopped (red, yellow, or green)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Salt and pepper, to taste
- Olive oil for sautéing (optional)
- For the sauce (optional but highly recommended):
 - 2 tablespoons tomato paste
 - 1 tablespoon lime juice
 - 1 tablespoon soy sauce or tamari (for gluten-free)
 - 1 teaspoon chili powder
 - 1 teaspoon maple syrup or agave (optional for a touch of sweetness)

For the burrito assembly:

- 4 large flour tortillas (whole wheat or gluten-free tortillas work too)
- 1 cup fresh salsa or pico de gallo (store-bought or homemade)
- 1/2 cup fresh cilantro, chopped
- Hot sauce (optional)

Steps:**1. Prepare the Rice:**

Cook the rice according to package instructions if not already prepared.

2. Cook the Vegetables:

In a skillet, heat a tablespoon of olive oil over medium heat. Add the diced onion and bell pepper. Sauté for 4-5 minutes until softened.

Add the corn and cook for an additional 2-3 minutes until everything is heated through. Season with cumin, chili powder, salt, and pepper. Set aside.

3. Prepare the Beans:

In a separate pan, heat the black beans over medium heat. You can add a splash of water or olive oil if needed to prevent sticking. Season with a pinch of salt, pepper, and a dash of chili powder if desired.

Let the beans warm up for about 3-4 minutes.

4. Make the Sauce (Optional):

In a small bowl, combine the tomato paste, lime juice, soy sauce (or tamari), chili powder, and maple syrup/agave. Stir well and set aside.

5. Assemble the Burrito:

Warm the tortillas on a dry skillet or in the microwave for a few seconds to make them more pliable.

Lay the tortilla flat and add a scoop of rice in the center. Top with the sautéed veggies, black beans, avocado slices, and salsa. Drizzle the optional sauce over the top and sprinkle with fresh cilantro. If you like some heat, add a few dashes of hot sauce.

6. Roll the Burrito:

Fold in the sides of the tortilla, then carefully roll it up tightly from the bottom, ensuring the fillings stay inside.

If you prefer a crispy burrito, you can place it seam-side down in the skillet for a minute or two to lightly toast the outside.

7. Serve:

Slice the burrito in half and serve with extra salsa, guacamole, or your favorite dipping sauces.