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Location: Double Saltree Meditation Center

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Topics:

1: Dharma Talk: The Shurangama Mantra Chapter 4 and Chapter 5

2: Buddhist Diet Health: Red date

3: Buddhist Diet Culinary: Sticky rice dumplings with red date

Main content:

1: Dharma Talk: The Shurangama Mantra Chapter 4 and Chapter 5

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 4 and Chapter 5. The Shurangama Mantra is a powerful tool for spiritual cultivation within Mahayana Buddhism, especially in the Chan tradition. Its primary function is to assist practitioners in purifying their minds, overcoming distractions, and gaining deep insight into the nature of reality. It is often regarded as one of the most effective mantras for mental stabilization, protection, and spiritual progress.

Here is the Shurangama Mantra Chapter 4 and Chapter 5:

Chapter 4

364) po qie fan

365) sa dan duo bo da la

366) na mo cui du di

367) e xi duo na la la jia

368) bo la po

369) xi pu zha

370) pi jia sa dan duo bo di li

371) shi fo la shi fo la

372) tuo la tuo la

373) pin tuo la pin tuo la

374) chen tuo chen tuo

375) hu xin hu xin

376) pan zha pan zha pan zha pan zha pan zha

377) suo he

378) xi xi pan

379) e mo jia ye pan

380) e bo la ti he duo pan

381) po la bo la tuo pan

382) e su la

383) pi tuo la
384) bo jia pan
385) sa po ti pi bi pan
386) sa po na qie bi pan
387) sa po yao cha bi pan
388) sa po qian ta po bi pan
389) sa po bu dan na bi pan
390) jia zha bu dan na bi pan
391) sa po tu lang zhi di bi pan
392) sa po tu si bi li
393) qi shai di bi pan
394) sa po shi po li bi pan
395) sa po e bo xi mo li bi pan
396) sa po she la po na bi pan
397) sa po di di ji bi pan
398) sa po dan mo tuo ji bi pan
399) sa po pi tuo ye
400) la shi zhe li bi pan
401) she ye jie la
402) mo du jie la
403) sa po la tuo suo tuo ji bi pan
404) pi di ye
405) zhe li bi pan
406) zhe du la
407) fu qi ni bi pan
408) ba she la
409) ju mo li
410) pi tuo ye
411) la shi bi pan
412) mo he bo la ding yang
413) yi qi li bi pan
414) ba she la shang jie la ye
415) bo la zhang qi la she ye pan
416) mo he jia la ye
417) mo he mo dan li jia na
418) na mo suo jie li duo ye pan
419) bi shai na bei ye pan
420) bo la he mo ni ye pan
421) e qi ni ye pan

- 422) mo he jie li ye pan
- 423) jie la tan chi ye pan
- 424) mie dan li ye pan
- 425) lao dan li ye pan
- 426) zhe wen cha ye pan
- 427) jie luo la dan li ye pan
- 428) jia bo li ye pan
- 429) e di mu zhi duo
- 430) jia shi mo she nuo
- 431) po si ni ye pan
- 432) yan ji zhi
- 433) sa tuo po xie
- 434) mo mo yin tu na mo mo xie

Chapter 5

- 435) tu shai zha zhi duo
- 436) e mo dan li zhi duo
- 437) wu she he la
- 438) qie po he la
- 439) lu di la he la
- 440) po suo he la
- 441) mo she he la
- 442) she duo he la
- 443) shi bi duo he la
- 444) ba liao ye he la
- 445) qian tuo he la
- 446) bu shi bo he la
- 447) po la he la
- 448) po xie he la
- 449) bo bo zhi duo
- 450) tu shai zha zhi duo
- 451) lao tuo la zhi duo
- 452) yao cha jie la he
- 453) la cha suo jie la he
- 454) bi li duo jie la he
- 455) pi she zhe jie la he
- 456) bu duo jie la he
- 457) jiu pan cha jie la he
- 458) xi qian tuo jie la he

459) wu dan mo tuo jie la he
460) che ye jie la he
461) e bo sa mo la jie la he
462) zhai que ge
463) cha qi ni jie la he
464) li fo di jie la he
465) she mi jia jie la he
466) she ju ni jie la he
467) mu tuo la
468) nan di jia jie la he
469) e lan po jie la he
470) qian du bo ni jie la he
471) shi fa la
472) yin jia xi jia
473) zhui di yao jia
474) dan li di yao jia
475) zhe tu tuo jia
476) ni ti shi fa la
477) bi shan mo shi fa la
478) bo di jia
479) bi di jia
480) shi li shai mi jia
481) suo ni bo di jia
482) sa po shi fa la
483) shi lu ji di
484) mo tuo pi da lu zhi jian
485) e qi lu qian
486) mu que lu qian
487) jie li tu lu qian
488) jie la he
489) jie lan jie na shu lan
490) dan duo shu lan
491) qi li ye shu lan
492) mo mo shu lan
493) ba li shi po shu lan
494) bi li shai zha shu lan
495) wu tuo la shu lan
496) jie zhi shu lan
497) ba xi di shu lan

498) wu lu shu lan
499) chang qie shu lan
500) he xi duo shu lan
501) ba tuo shu lan
502) suo fang ang qie
503) bo la zhang qie shu lan
504) bu duo bi duo cha
505) cha qi ni
506) shi po la
507) tuo tu lu jia
508) jian du lu ji zhi
509) po lu duo pi
510) sa bo lu
511) he ling qie
512) shu sha dan la
513) suo na jie la
514) pi sha yu jia
515) e qi ni
516) wu tuo jia
517) mo la pi la
518) jian duo la
519) e jia la
520) mi li du
521) da lian bu jia
522) di li la zha
523) bi li shai zhi jia
524) sa po na ju la
525) si yin qie bi
526) jie la li yao cha
527) dan la chu
528) mo la shi
529) fei di shan
530) suo pi shan
531) xi dan duo bo da la
532) mo he ba she lu
533) shai ni shan
534) mo he bo lai zhang qi lan
535) ye bo tu tuo
536) she yu she nuo

537) bian da li na
538) pi tuo ye
539) pan tan jia lu mi
540) di shu
541) pan tan jia lu mi
542) bo la pi tuo
543) pan tan jia lu mi
544) da zhi tuo
545) nan
546) e na li
547) pi she ti
548) pi la
549) ba she la
550) tuo li
551) pan tuo pan tuo ni
552) ba she la bang ni pan
553) hu xin du lu yong pan
554) suo po he

The above is Chapter 4 and 5 of the Shurangama Mantra. We have learned the entire content of reciting the Shurangama Mantra this month. I hope everyone will recite it more. Namo Amitabha!

2: Buddhist Diet Health: Red date

Red dates, also known as jujubes, are a cherished ingredient in Buddhist cuisine. Their natural sweetness, nourishing properties, and deep cultural significance make them a staple in plant-based diets.

Health Benefits of Red Dates

Rich in Antioxidants

Red dates contain powerful antioxidants, such as flavonoids and polyphenols, which help protect the body from oxidative stress and aging.

Boosts Energy & Reduces Fatigue

They are a natural energy booster, making them an excellent choice for monks, meditators, and anyone seeking sustained vitality.

Supports Digestion & Gut Health

With a high fiber content, red dates promote healthy digestion, prevent constipation, and nourish gut bacteria.

Strengthens the Immune System

Packed with vitamin C and natural plant compounds, red dates enhance immunity and help the body fight illness.

Calms the Mind & Nourishes Blood

Traditional Chinese Medicine (TCM) regards red dates as a blood tonic, beneficial for reducing stress, anxiety, and insomnia—aiding in deep meditation and inner peace.

In Buddhist culture, red dates symbolize nourishment, longevity, and harmony. They are often included in temple meals to promote mindful eating and physical well-being, reflecting the Buddhist principles of balance and compassion.

3: Buddhist Diet Culinary: Sticky rice dumplings with red date



Ingredients:

- 2 cups glutinous rice (soaked for at least 4 hours or overnight)
- 10-12 red dates (pitted)
- 10-12 bamboo leaves (soaked in warm water for at least 2 hours)
- 1 tablespoon sesame oil (optional, for fragrance)
- 1 tablespoon sugar (optional, for extra sweetness)
- Cotton string (for tying the dumplings)

Steps:

1. Prepare Ingredients

Soak the glutinous rice overnight for better texture and easier digestion. Drain well. Soften the bamboo leaves by soaking them in warm water for a few hours. Pat dry. Pit the red dates and set them aside.

2. Assemble the Dumplings

Take two bamboo leaves, slightly overlapping, and fold them into a cone shape.

Add a layer of soaked glutinous rice at the bottom.

Place one red date in the center for natural sweetness.

Add more glutinous rice on top, pressing gently.

Fold the leaves over the filling and wrap tightly into a pyramid shape. Secure with cotton string.

3. Cook the Dumplings

Place the wrapped dumplings into a large pot and fill it with water, ensuring they are fully submerged.

Bring to a boil, then simmer for 2 to 3 hours on low heat. Add more hot water as needed.

Once cooked, remove and let them cool slightly before unwrapping.

4. Serving & Enjoying

Enjoy warm or at room temperature.

Optionally, drizzle with honey or sprinkle with toasted sesame seeds.