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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: The Great Strength Bodhisattva Speaks On The Perfect Penetration From Mindfulness Of The Buddha.

2: Buddhist Diet Health: Bean Curd Rolls.

3: Buddhist Diet Culinary: Sweet and Sour Bean Curd Rolls.

Main content:

1: Dharma Talk: The Great Strength Bodhisattva Speaks On The Perfect Penetration From Mindfulness Of The Buddha.

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: The Great Strength Bodhisattva Speaks On The Perfect Penetration From Mindfulness Of The Buddha. In the Surangama Sutra, Great Strength Bodhisattva recounts how he attained perfect penetration (complete realization or enlightenment) not through meditation on the body, sound, or mind, but through mindfulness of the Buddha: “I used the practice of constant mindfulness of the Buddha. My mind was unified and unmoving, and I entered into samadhi. That samadhi is called the samadhi of mindfulness of the Buddha.”

This practice eventually led him to perfect penetration, meaning total awakening and deep insight into reality. In Pure Land Buddhism, this becomes the foundation of practice: chanting “Namo Amitabha” to align one’s mind with the Buddha’s mind and be reborn in the Pure Land—a state that supports enlightenment.

The following is the original text of The Great Strength Bodhisattva Speaks On The Perfect Penetration From Mindfulness Of The Buddha:

Dharma Prince, Great Strength, together with fifty-two Bodhisattvas of similar rank, arose from his seat, bowed at the Buddha’s feet, and said to the Buddha:

“I remember when, as many aeons ago as there are sands in the Ganges, a Buddha called Limitless Light appeared in the world.

“In that same aeon there were twelve successive Thus Come Ones; the last was called Light Surpassing the Sun and Moon. That Buddha taught me the Buddha-recitation Samadhi.

“Suppose there were a person who always remembers someone else, but the someone else he remembers has entirely forgotten about him.

“If two such people were to meet, even if they were to see each other, they would not take notice. They would not recognize each other.

“If two people remember each other until the memory of each is deep, then in life after life they will be together like a form and its shadow, and they will never be at odds.

“Out of pity for living beings, the Thus Come Ones of the ten directions are mindful of them as a mother remembers her child.

“If the child runs away, of what use is the mother’s regard?

“But if the child remembers his mother in the same way that the mother remembers the child, then in life after life the mother and child will not be far apart.

“If living beings remember the Buddha and are mindful of the Buddha, certainly they will see the Buddha now or in the future.

“They will never be far from the Buddha, and their minds will awaken by themselves, without the aid of expedients.

“A person who has been near incense will carry a fragrance on his person; it is the same in this case. It is called an adornment of fragrant light.

“On the causal ground I used mindfulness of the Buddha to enter into patience with the non-production of dharmas.

“Now in this world I gather in all those who are mindful of the Buddha and bring them back to the Pure Land.

“The Buddha asks about perfect penetration. I would select none other than gathering in the six organs through continuous pure mindfulness to obtain samadhi. This is the foremost method.”

The above is what we learned today. Welcome everyone to learn and recite The Great Strength Bodhisattva Speaks On The Perfect Penetration From Mindfulness Of The Buddha. Namo Amitabha! Namo Amitabha! Namo Amitabha!

2: Buddhist Diet Health: Bean Curd Rolls.

Bean curd rolls are actually a fantastic fit within the Buddhist diet, especially in traditions that follow a vegetarian or vegan lifestyle. Here’s a look at how they stack up health-wise and spiritually:

Health Benefits of Bean Curd Rolls

Plant-Based Protein

Bean curd (tofu & yuba) is rich in protein and contains all nine essential amino acids.

Helps maintain muscle, hormones, and immune function — without cholesterol.

Low in Saturated Fat

When steamed or lightly pan-fried, these rolls are low in unhealthy fats.

Great for heart health and maintaining a healthy weight.

Fiber-Rich Vegetables

Stuffed with fiber-heavy ingredients like mushrooms, cabbage, and carrots.

Aids in digestion, gut health, and stable blood sugar levels.

Calcium & Iron

Tofu and yuba are excellent sources of calcium and iron, both vital for energy and bone health — especially important in plant-based diets.

3: Buddhist Diet Culinary: Sweet and Sour Bean Curd Rolls.



Ingredients:

For the Rolls:

2 sheets dried bean curd skin (yuba), soaked in warm water until soft

1 cup shredded carrots

1 cup shiitake mushrooms, finely chopped (rehydrated if dried)

1/2 cup bamboo shoots, thinly sliced

1/2 cup napa cabbage, finely shredded

1/2 block firm tofu, crumbled

1 tbsp soy sauce
1 tsp sesame oil
1 tsp cornstarch
Salt and pepper to taste
Oil for pan-frying

For the Sweet and Sour Sauce:

3 tbsp ketchup
2 tbsp rice vinegar
2 tbsp sugar
1 tbsp soy sauce
1/2 cup water
1 tsp cornstarch (mixed with 1 tbsp water to make a slurry)

Steps:

1. Prepare the Filling:

Heat a little oil in a pan. Add sauté mushrooms, cabbage, carrots, and bamboo shoots until softened. Add crumbled tofu, soy sauce, sesame oil, salt, pepper, and cornstarch. Cook until the mixture is dry-ish and well combined. Let it cool.

2. Roll the Bean Curd Sheets:

Lay a softened bean curd sheet on a clean surface.
Spoon some filling on one edge. Roll up tightly like a spring roll, folding in the sides.
Secure with a bit of cornstarch paste or toothpicks if needed. Repeat.

3. Fry the Rolls:

Heat oil in a nonstick pan. Pan-fry the rolls until golden brown on all sides. Remove and set aside.

4. Make the Sweet & Sour Sauce:

In a small saucepan, mix ketchup, vinegar, sugar, soy sauce, and water.
Bring to a simmer. Add the cornstarch slurry and stir until thickened and glossy.

5. Combine and Serve:

Pour sauce over the fried rolls or dip them before serving.