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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: The Biography of Sakyamuni Buddha Chapter 2 - Birth at Lumbini Grove

2: Buddhist Diet Health: Broad bean

3: Buddhist Diet Culinary: Fish-flavored broad bean

Main content:

1: Dharma Talk: The Biography of Sakyamuni Buddha Chapter 2 - Birth at Lumbini Grove

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: The Biography of Sakyamuni Buddha Chapter 2 - Birth at Lumbini Grove.

Queen Maya spent her ten-month pregnancy in happiness. She particularly enjoyed taking walks in secluded groves at the green leaves and flowing water, allowing these sights to nourish her. One warm, clear, full-moon night, as spring was ending and summer beginning, Maya spoke to Suddhodana, saying that she planned to visit Lumbini Grove on the edge of Kapilivastu. Then, she would return to her mother's home to give birth, as custom dictated. Suddhodana approved of his wife's plans, as the custom for a woman to give birth in her native home was an important one. But he did not understand why she wanted to visit the grove along the way. After some consideration, he summoned more attendants and set out to personally escort his wife first to Lumbini Grove, followed by the city of Devadaha.

Not long after arriving at Lumbini Grove, Maya rested under a large and flourishing asoka tree and gave birth to a boy. When she gave birth, she felt no pain, and the newborn baby entered the world peacefully. Just then, the sunlight shone brilliantly in the sky. Myriad flowers bloomed beautifully, and the air was filled with joyous birdsong, as the world was celebrating the birth of the prince. The birth of the prince was accompanied by many other miracles. Shortly after birth, the child walked seven steps. After looking about in every direction, the child declared, "This is my last birth into this world. It is for the sake of realizing Buddhahood that I have come into this world. I am the greatest enlightened being, and am here to liberate all beings!" After these words, two streams of water, shimmering silver fell from the heavens, one warm and one cool. The prince bathed in them, leaving his body and mind free and at ease.

Many heavenly kings and brahma deities appeared in the sky. Heavenly kings bearing the four posts of a bed made of lapis lazuli and many precious parasols presented these gifts to the infant. Meanwhile, innumerable heavenly beings appeared in the sky to praise the young prince, the one who would become the Buddha. As mother and infant lay comfortably in bed, King Suddhodana stood by their side,

delighted by this strange turn of events. It was at that instant that a heavenly robe gliding through the air landed upon the prince. The dimming light burned anew, polluted waters became pure, flowers bloomed more beautifully than they had before. Ruthless people suddenly developed compassionate hearts, the sick and injured were miraculously cured. Ferocious animals at once became calm, tyrannical rulers became benevolent, and the world was suddenly at peace. People living in secluded, distant areas noticed these odd phenomena, and came in the tens of thousands to Lumbini Grove to witness the source of these miracles.

2: Buddhist Diet Health:

In the Buddhist diet — a practice of eating that honors simplicity, compassion, and nourishment — the broad bean is a valued ingredient. Its hearty, wholesome nature supports the balance of body and mind that is essential on the path of cultivation.

Health Benefits

1. Excellent Plant Protein:

Broad beans are rich in plant-based protein, helping to strengthen the body while aligning with the Buddhist principle of non-harming by avoiding animal products.

2. Rich in Dietary Fiber:

The high fiber content promotes smooth digestion and a healthy gut, essential for maintaining a body that supports meditation and mindful living.

3. Source of Vital Nutrients:

Broad beans provide important nutrients like folate, iron, magnesium, and potassium — supporting heart health, vitality, and mental clarity.

4. Energy Sustaining:

They offer complex carbohydrates that release energy slowly, ideal for practitioners who seek steady energy for study, practice, and daily activities.

5. Gentle Heart Health Support:

The nutrients in broad beans are associated with promoting balanced cholesterol levels and blood pressure, aligning with the Buddhist value of caring for one's body as a sacred vessel.

3: Buddhist Diet Culinary:



Ingredients:

- 1 cup broad beans (fresh or frozen, shelled)
- 1 tablespoon vegetable oil (or peanut oil)
- 1 thumb-sized piece of ginger, minced
- 1 small red chili, thinly sliced (optional, for heat)

For the Sauce:

- 1 tablespoon light soy sauce
- 1 tablespoon vinegar (preferably Chinese black vinegar)
- 1 tablespoon vegetarian oyster sauce (or mushroom sauce)
- 1 teaspoon sugar
- 2 tablespoons water
- ½ teaspoon cornstarch (optional, for slight thickening)

Steps:

1. Prepare the broad beans:

If using fresh broad beans, quickly blanch them in boiling water for about 2–3 minutes, then remove the outer skin for extra tenderness. If using frozen broad beans, just thaw them.

2. Mix the sauce:

In a small bowl, combine soy sauce, vinegar, vegetarian oyster sauce, sugar, water, and cornstarch (if using). Stir until smooth.

3. Stir-fry aromatics:

Heat oil in a wok or skillet over medium-high heat. Add ginger, and chili. Stir-fry quickly for about 20–30 seconds until fragrant.

4. Cook the broad beans:

Add the broad beans and stir-fry for 2–3 minutes until heated through and slightly blistered.

5. Add the sauce:

Pour in the sauce and stir to coat the broad beans evenly. Let it simmer for about 1–2 minutes until slightly thickened and glossy.

6. Serve:

Plate the broad beans and garnish with a few extra green onion slices if desired. Serve hot with steamed rice!