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Location: Double Saltree Meditation Center

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Topics:

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1: Dharma Talk: The Ten Great Vows of Mañjuśrī Bodhisattva

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: The Ten Great Vows of Mañjuśrī Bodhisattva.

Mañjuśrī is a bodhisattva associated with prajñā (insight) in Mahāyāna Buddhism. His name means "Gentle Glory" in Sanskrit. Manjusri is one of the four great bodhisattvas who were the closest disciples of the Buddha. Manjushri, the Bodhisattva of Wisdom, normally holds a sword in one hand, to cut off all delusion, and a Prajnaparamita Wisdom text in the other. The image of Manjusri in Buddhist art usually seated on a lion and holding the sword of wisdom in one hand and a book or scroll in the other.

Today we will learn The Ten Great Vows of Manjushri Bodhisattva:

1. To seek perfect wisdom and awaken the mind of enlightenment (bodhicitta).

He vows to awaken supreme wisdom and cultivate the bodhisattva path for the benefit of all.

2. To subdue all inner afflictions and ignorance.

He cuts through delusion, desire, anger, and ignorance with the sword of wisdom.

3. To teach the Dharma with fearless eloquence.

He vows to speak the truth clearly, compassionately, and effectively, adapting to the needs of beings.

4. To guide all beings to realize their own wisdom-nature.

He does not merely teach but helps others realize that wisdom is already within them.

5. To enter and understand the teachings of all Buddhas.

He studies the infinite Dharma doors of all Buddhas without obstruction.

6. To remain free from the extremes of dualistic thinking.

He teaches and abides in the Middle Way, transcending concepts of self and other, existence and nonexistence.

7. To dwell in emptiness while practicing great compassion.

Though he realizes the emptiness of all phenomena, he remains deeply engaged in helping all beings.

8. To skillfully manifest in countless forms.

He takes on various appearances to teach the Dharma according to each being's capacity.

9. To perfect all virtues, especially the perfection of wisdom (prajñā-pāramitā).

He embodies the sixth and highest of the Six Pāramitās, guiding others to do the same.

10. To assist all sentient beings in attaining full enlightenment.

He never ceases to work for the liberation and awakening of all beings, regardless of their condition.

2: Buddhist Diet Health: Spinach

Spinach holds a special place in many diets, including Buddhist ones, due to its health benefits and the principles of mindfulness and compassion in eating. While Buddhist dietary practices can vary depending on the tradition and region, many Buddhists follow plant-based diets, embracing foods that promote both physical and spiritual well-being.

Health Benefits of Spinach:

Nutrient-Rich: Spinach is a powerhouse of vitamins and minerals, especially Vitamin A, Vitamin C, Vitamin K, folate, iron, and calcium. These nutrients contribute to overall health and longevity, both of which are valued in Buddhist practice as part of living a balanced life.

Alkalizing Effects: Spinach has an alkalizing effect on the body, which can help maintain a healthy pH balance. This aligns with Buddhist ideas of balance in all aspects of life, including diet and health.

Digestive Health: The high fiber content in spinach supports healthy digestion. In many Buddhist teachings, the act of eating is considered an opportunity for mindfulness, and consuming foods that aid digestion allows practitioners to feel light and energized, which enhances meditation and mindfulness practices.

Heart Health: Spinach contains antioxidants like lutein and beta-carotene, which are linked to heart health. The Buddhist emphasis on kindness, including compassion for all living beings, may lead to a preference for plant-based, heart-healthy foods like spinach, which promote overall well-being.

Detoxifying: Spinach helps with detoxification, clearing the body of toxins and promoting clarity of mind. In Buddhist philosophy, mental clarity is key to enlightenment and mindfulness, and a clean, healthy body supports mental and spiritual growth.

Low in Calories: Spinach is low in calories while being rich in nutrients, making it an excellent food choice for maintaining balance and moderation in the diet—key principles in Buddhist teachings on mindful living.

3: Buddhist Diet Culinary: Spinach Noodles



Ingredients:

2 cups all-purpose flour (or bread flour)
1/2 tsp salt
1 cup fresh spinach (blanched and pureed)
Water as needed (1–2 tbsp)

Steps:

1. Prepare Spinach Purée:

Blanch spinach in boiling water for 30 seconds, then immediately place in ice water. Drain, then blend into a smooth purée.

2. Make the Dough:

In a bowl, combine flour and salt.

Add spinach purée (and egg, if using) gradually, mixing as you go.

Knead until you get a smooth, elastic dough (10 minutes). Add water if it's too dry.

Wrap and let rest for 30 minutes.

3. Roll and Cut Noodles:

Roll the dough flat using a rolling pin or pasta machine.

Cut into desired shape (spaghetti, fettuccine, etc.).

4. Cook:

Boil noodles in salted water for 2–3 minutes until al dente.

Drain and use in your favorite dish.