

Date: 07/19/2025 07/20/2025

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

**1: Dharma Talk: The Ten Great Vows of Samantabhadra Bodhisattva**

**2: Buddhist Diet Health: Lily bulb**

**3: Buddhist Diet Culinary: Stir-fried celery and lily bulb with cashews**

Main content:

**1: Dharma Talk: The Ten Great Vows of Samantabhadra 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 Samantabhadra Bodhisattva.

The Ten Great Vows of Samantabhadra Bodhisattva (also known as Samantabhadra's Ten Vows or The Ten Vows of Universal Worthy) are foundational ethical and spiritual commitments in Mahāyāna Buddhism, especially emphasized in the Avataṃsaka Sūtra (Flower Garland Sutra). Samantabhadra embodies the practice and meditation aspects of the path to enlightenment.

***Here are the Ten Great Vows:***

1. To pay homage and respect to all Buddhas

With body, speech, and mind, reverently honor all Buddhas throughout the ten directions and three times (past, present, future).

2. To praise the Thus Come Ones (Tathāgatas)

Offer endless praise to the Buddhas, extolling their virtues and unsurpassed wisdom.

3. To make abundant offerings

Make offerings—not just material but also spiritual, such as moral conduct, practice, and wisdom—to all Buddhas and beings.

4. To repent misdeeds and evil karmas

Sincerely confess and repent past wrongdoings to purify one's karma and mind.

5. To rejoice in others' merits and virtues

Cultivate mudita (sympathetic joy) by rejoicing in the good deeds and progress of others.

6. To request the Buddhas to turn the Dharma wheel

Ask enlightened beings to teach the Dharma for the benefit of all beings.

7. To request the Buddhas to remain in the world

Entreat the Buddhas and great teachers to stay in the world to guide sentient beings.

8. To always follow the Buddhas' teachings

Diligently study, practice, and preserve the Dharma without deviation.

9. To accord with all living beings

Treat all beings with compassion, patience, and empathy, cultivating harmony and benefiting others.

10. To transfer all merits universally

Dedicate all merits from virtuous actions to the liberation and enlightenment of all sentient beings.

## **2: Buddhist Diet Health: Lily bulb**

In the context of a Buddhist diet, the lily bulb is a highly regarded ingredient, particularly in East Asian Buddhist cuisine, due to its nourishing, cooling, and cleansing properties. Used in both savory and sweet dishes, lily bulbs have been cherished for centuries in Buddhist cooking for their health benefits and their alignment with balance and moderation—principles that are central to the Buddhist lifestyle.

Why Lily Bulbs Are Good for a Buddhist Diet:

### **Cooling and Calming**

In Traditional Chinese Medicine (TCM) and other Asian healing practices, lily bulbs are considered a cooling food, which means they help to reduce internal heat and inflammation. This is particularly beneficial for those who practice meditation and mindfulness, as it helps calm the mind and maintain mental clarity during long periods of focused practice. The cooling nature also aligns with the Buddhist concept of maintaining balance and moderation.

### **Promotes Lung and Heart Health**

Lily bulbs are thought to benefit the lungs and heart, making them ideal for those seeking a calm, clear mind. According to Buddhist teachings, a healthy body supports a healthy mind, and the clarity of the lungs and heart contributes to mental peace and compassion.

### **Rich in Nutrients**

Lily bulbs are rich in vitamins and minerals, including vitamin C, potassium, and phosphorus, and have moderate amounts of protein. These nutrients help to boost energy and maintain vitality, which is important for maintaining an active lifestyle that includes meditation and mindful walking or sitting.

## Balances Yin and Yang

In many Buddhist-influenced East Asian dietary systems, food is used to balance yin and yang energies. Lily bulbs, as a cooling, yin-boosting food, help maintain the balance of internal energy, preventing the overproduction of heat or excessive dryness in the body. This helps practitioners stay in equilibrium both physically and mentally.

### 3: Buddhist Diet Culinary: Stir-fried celery and lily bulb with cashews



#### Ingredients:

- 1 bunch celery, sliced into thin diagonals (about 2 cups)
- 1/2 cup lily bulbs, peeled and separated into petals (fresh or dried)
- 1/4 cup raw cashews, toasted (or use roasted cashews if preferred)
- 1 tbsp vegetable oil (or sesame oil for extra flavor)
- 1 tsp ginger, minced (optional)
- 1 tbsp soy sauce (use tamari for gluten-free)
- 1 tsp rice vinegar (for a touch of acidity)
- 1/2 tsp sugar (balances the vinegar)
- A pinch of salt (optional, depending on taste)
- 1/2 tsp sesame oil (for finishing)

#### Steps:

1. Prepare the Ingredients:

If using dried lily bulbs, soak them in warm water for 30 minutes, then drain and pat dry. Fresh lily bulbs just need peeling and breaking into individual segments.

Slice the celery diagonally into thin pieces, about 2 inches long.

If the cashews aren't roasted, toast them in a dry pan over medium heat until they're golden and fragrant (about 3–4 minutes). Set aside.

## 2. Stir-Fry the Aromatics:

Heat vegetable oil or sesame oil in a wok or large skillet over medium-high heat.

Add the ginger (if using) and stir-fry for about 30 seconds until fragrant, but not browned.

## 3. Add the Vegetables:

Add the celery and lily bulbs to the pan. Stir-fry for about 2–3 minutes until the celery becomes slightly tender but still crisp.

Add the soy sauce, rice vinegar, and sugar. Stir to coat everything evenly.

## 4. Finish the Dish:

Stir in the toasted cashews and sesame oil. Toss everything together to combine. Taste and adjust seasoning with salt if needed.

Continue to stir-fry for another 1–2 minutes to allow the flavors to meld.

## 5. Garnish and Serve:

Transfer to a serving dish and garnish with fresh cilantro for a burst of freshness.