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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

**1: Dharma Talk: Amitabha Buddha's Forty-Eight Great Vows Part 1**

**2: Buddhist Diet Health: Purple Sweet Potato**

**3: Buddhist Diet Culinary: Purple Sweet Potato Congee**

Main content:

**1: Dharma Talk:**

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: Amitabha Buddha's Forty-Eight Great Vows Part 1.

The First Vow: There are no evil paths in my realm. I would not attain Samyak-sambodhi if there were hells, hungry ghosts, and animals in my realm.

The Second Vow: No one will fall into the evil paths. If I attained Buddhahood and the humans and heavenly beings in my realm fell into the Three Paths after they terminated their life, I would not attain Samyak-sambodhi.

The Third Vow: All will gain golden bodies. If I attained Buddhahood, but not everyone in my realm gained a golden body, I would not attain Samyak-sambodhi.

The Fourth Vow: There are neither beautiful nor ugly beings. If I attained Buddhahood, and there were both beautiful and ugly beings in my realm, I would not attain Samyak-sambodhi.

The Fifth Vow: All will know their past lives. If I attained Buddhahood, and the beings in my realm were unable to know their past lives or to know the hundreds of billions of nayutas of events, I would not attain Samyak-sambodhi.

The Sixth Vow: All will see through everything no matter how far away it is. If I attained Buddhahood, and the beings in my realm could not see through everything or even the hundreds of billions of nayutas of Buddha realms, I would not attain Samyak-sambodhi.

The Seventh Vow: All will hear everything no matter how far away it is. If I attained Buddhahood, and the beings in my realm could not hear sounds no matter how far away they were, or even hundreds of billions of nayutas of the Buddha's lectures and could not abide by them, I would not attain Samyak-sambodhi.

The Eighth Vow: All will be able to read others' minds. If I attained Buddhahood, and the beings in my realm could not read others' minds, or even the thoughts of the sentient beings of hundreds of billions of nayutas, I would not attain Samyak-sambodhi.

The Ninth Vow: All will be able to fly to wherever they want to go with a flash of thought. If I attained Buddhahood, and the beings in my realm were unable to fly to wherever they wanted to go with a flash of thought, or even overpassed hundreds of billions of nayutas of Buddha lands, I would not attain Samyak-sambodhi.

The Tenth Vow: All will have no self-adherence. If I attained Buddhahood, and the beings in my realm gave rise to greed for their own selves, I would not attain Samyak-sambodhi.

The Eleventh Vow: All will resolve to be Buddhas. If I attained Buddhahood, and the beings in my realm did not abide in stability until they eliminated afflictions and were ferried over the sea of bitterness, I would not attain Samyak-sambodhi.

The Twelfth Vow: Light will be limitless. If I attained Buddhahood, and the light was limited and could not shine on the hundreds of billions of nayutas of Buddha lands, I would not attain Samyak-sambodhi.

The Thirteenth Vow: The Buddha lifespan will be limitless. If I attained Buddhahood, and the Buddha lifespan were limited or even less than hundreds of billions of nayutas of kalpas, I would not attain Samyak-sambodhi.

The Fourteenth Vow: There will be countless hearers. If I attained Buddhahood, and the number of the hearers in my realm could be counted or even the sentient beings and pratyeka buddhas in the Tri-sahasra-maha-sahasra-lokadhatu for hundreds of kalpas could be counted, I would not attain Samyak-sambodhi.

The Fifteenth Vow: All sentient beings will have boundless lifespans. If I attained Buddhahood, the beings in my realm would have boundless lifespans, unless their original vow was to have short and unrestrained lives. If not so, I would not attain Samyak-sambodhi.

The Sixteenth Vow: There will be no bad names. If I attained Buddhahood, and the beings in my realm heard bad names, I would not attain Samyak-sambodhi.

## **2: Buddhist Diet Health: Purple Sweet Potato**

Purple sweet potato is a naturally vibrant root vegetable loved in Buddhist vegetarian cuisine for its beauty, simplicity, and nourishing qualities. With its rich purple hue, grounding energy, and high nutritional value, purple sweet potato is a gentle, sattvic food that aligns with the principles of the Buddhist diet: non-violence, mindfulness, and balance.

## Health Benefits of Purple Sweet Potato

### Rich in Antioxidants (Anthocyanins)

The deep purple color comes from anthocyanins — powerful antioxidants that protect cells and reduce inflammation, promoting longevity and inner balance.

### High in Dietary Fiber

Supports digestive health and regularity, essential for monastics and practitioners who seek a light, clean body for meditation.

### Stabilizes Blood Sugar

Its complex carbohydrates provide steady energy without spiking blood sugar — perfect for those practicing mindfulness or fasting.

### Supports Heart Health

Low in fat and cholesterol-free, purple sweet potatoes help maintain cardiovascular well-being.

### Nutrient-Dense, Low-Calorie

Contains potassium, iron, vitamin C, and B-vitamins — all from a humble, grounding root.

## 3: Buddhist Diet Culinary: Purple Sweet Potato Congee



### Ingredients:

1/2 cup white rice (short- or medium-grain)

1 medium purple sweet potato, peeled and diced

4–5 cups water

1 tbsp goji berries (optional)

Pinch of salt (optional)

Rock sugar or maple syrup (optional, if serving sweet)

**Steps:****1. Rinse the rice**

Wash the rice under cold water 2–3 times until the water runs clear.

**2. Prepare the sweet potato**

Peel and dice the purple sweet potato into small cubes (1–2 cm).

**3. Cook the congee**

In a medium pot, combine the rice and water.

Bring to a boil, then reduce to low heat and simmer for 30–40 minutes, stirring occasionally to prevent sticking.

**4. Add sweet potato**

Once the rice starts to break down, add the sweet potato cubes.

Continue simmering for another 15–20 minutes, until the sweet potatoes are soft and the congee becomes purple and creamy.

**5. Add optional ingredients**

Add goji berries in the last 5 minutes of cooking for added nutrition and a hint of sweetness.

Season lightly with salt if serving savory, or add a touch of rock sugar or maple syrup if preferred sweet.

**6. Serve warm**

Ladle into bowls and enjoy as a light breakfast, supper, or offering food during practice periods.