

Date: 08/30/2025 08/31/2025

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: Amitabha Buddha's Forty-Eight Great Vows Part 3

2: Buddhist Diet Health: King Oyster Mushroom

3: Buddhist Diet Culinary: Three-Cup King Oyster Mushroom

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 3.

The Thirty-third Vow: All will be peaceful and happy when touching the light. If I attained Buddhahood, the sentient beings in the boundless incredible Buddha lands in the Ten Directions were exposed to my light and became soft physically and mentally and surpassed the humans and heavenly beings. If not so, I would not attain Samyak-sambodhi.

The Thirty-fourth Vow: All will gain dharani. If I attained Buddhahood, the sentient beings in the boundless incredible Buddha lands in the Ten Directions heard my name but could not gain Bodhisattva tolerance and abide by all deep dharma, I would not attain Samyak-sambodhi.

The Thirty-fifth Vow: All women will be reborn to be men after they hear my name. If I attained Buddhahood, the women in the boundless incredible Buddha lands in the Ten Directions heard my name, became pleased and convinced, and made up a Bodhi mind. If such women who were tired of having a woman's body got reborn with a woman's form again after they finished the present life, I would not attain Samyak-sambodhi.

The Thirty-sixth Vow: All will cultivate the pure acts. If I attained Buddhahood, the Bodhisattvas in the boundless incredible Buddha lands in the Ten Directions heard my name and, after finishing the present life, constantly cultivated the pure acts until they attained Buddhahood. If not so, I would not attain Samyak-sambodhi.

The Thirty-seventh Vow: All beings will bow to me. If I attained Buddhahood, the beings in the boundless incredible Buddha lands in the Ten Directions heard my name, bowed to me, and cultivated the Bodhisattva acts with pleasure, and were respected by the beings in all realms. If not so, I would not attain Samyak-sambodhi.

The Thirty-eighth Vow: If I attained Buddhahood, the beings in my realm gave a thought and the clothing they needed would appear. As what the Buddhas praised, the wondrous clothing would naturally be on the body. If the clothing needs sewing, dyeing or washing, I would not attain Samyak-sambodhi.

The Thirty-ninth Vow: All will be happy as their afflictions end. If I attained Buddhahood, and the beings in my realm were not as happy as the bhiksus who had severed afflictions, I would not attain Samya-sambodhi.

The Fortieth Vow: Trees will appear in all lands. If I attained Buddhahood, and the Bodhisattvas in my realm wanted to see the boundless solemn pure Buddha lands at will, then their wish would be granted and they would see all the treasure trees like a clear mirror showing its reflection. If not so, I would not attain Samyak-sambodhi.

The Forty-first Vow: The Six Consciousnesses will not be incomplete. If I attained Buddhahood, and the Bodhisattvas in other lands heard my name and then even attained Buddhahood, but their consciousnesses were incomplete or ugly, I would not attain Samyak-sambodhi.

The Forty-second Vow: All will gain pure stability. If I attained Buddhahood, the Bodhisattvas in other lands heard my name and all gained the pure liberation Samadhi. With a flash of thought there, they would make offerings to the countless incredible Buddhas and kept their intention. If not so, I would not attain Samyak-sambodhi.

The Forty-third Vow: Those who hear my name will be born into rich and noble families. If I attained Buddhahood, the Bodhisattvas in other lands who heard my name would be born into noble families after they finished the present life. If not so, I would not attain Samyak-sambodhi.

The Forty-fourth Vow: If I attained Buddhahood, the Bodhisattvas in other lands heard my name and became happy and enthusiastic. They would cultivate the Bodhisattva acts and became replete with virtues. If not so, I would not attain Samyak-sambodhi.

The Forty-fifth Vow: All will gain Samadhi. If I attained Buddhahood, the Bodhisattvas in other lands who heard my name would all gain universally equal Samadhi and abide by it until they attained Buddhahood and would see countless incredible Tathagatas. If not so, I would not attain Samyak-sambodhi.

The Forty-sixth Vow: All will hear Dharma as they wish. If I attained Buddhahood, the Bodhisattvas in my realm would be able to hear Dharma as they wish. If not so, I would not attain Samyak-sambodhi.

The Forty-seventh Vow: Those who hear my name will not withdraw. If I attained Buddhahood, the Bodhisattvas in other lands who heard my name would not withdraw. If not so, I would not attain Samyak-sambodhi.

The Forty-eighth Vow: Those who hear my name will gain dharma tolerance. If I attained Buddhahood, the Bodhisattvas in other lands who heard my name would immediately gain the first, second, and third dharma tolerance and would not withdraw from the Buddhist Dharma. If not so, I would not attain Samyak-sambodhi.

2: Buddhist Diet Health: King Oyster Mushroom

King oyster mushrooms (*Pleurotus eryngii*) are a prized ingredient in the Buddhist diet, known for their hearty texture and nourishing properties. Often referred to as “vegan abalone” in East Asian cuisines, they align with the principles of ahimsa (non-harming) and simplicity central to Buddhist culinary philosophy.

Health Benefits

1. High in Plant-Based Protein

King oyster mushrooms offer a satisfying amount of protein, making them an excellent meat substitute for those observing a plant-based or Buddhist diet.

2. Rich in Antioxidants

They contain compounds like ergothioneine and selenium, which help reduce oxidative stress and support immune health.

3. Supports Heart Health

With virtually no cholesterol and low fat content, king oyster mushrooms may help maintain cardiovascular health, a key concern in mindful, longevity-focused lifestyles.

4. Aids Digestion

These mushrooms are rich in dietary fiber, which promotes healthy digestion and satiety without burdening the stomach—important for meditative clarity and energy balance.

3: Buddhist Diet Culinary: Three-Cup King Oyster Mushroom



Ingredients:

250g king oyster mushrooms, sliced into chunks or thick slices
1 tbsp light soy sauce (naturally brewed, vegan)
1 tbsp sesame oil
1 tbsp water or mushroom soaking liquid (used instead of rice wine)
1 tsp vegan dark soy sauce (for color, optional)
6–8 basil leaves (or perilla leaves)
2 slices ginger (optional, if not observing total pungent-free diet)
1 tsp cane sugar or maple syrup
Neutral oil, for pan-frying

Steps:

1. Prepare the mushrooms

Rinse and pat dry. Cut king oyster mushrooms into bite-sized chunks or thick diagonal slices. You may score the surface lightly for better texture.

2. Pan-fry the mushrooms

Heat a bit of oil in a wok or skillet.

Add the mushrooms and sear on both sides until golden brown and slightly crisp on the edges (about 5–7 minutes). Set aside.

3. Make the sauce

In the same pan, add sesame oil, light soy sauce, dark soy sauce (optional), sugar, and water or mushroom broth. Stir to combine.

4. Add mushrooms back

Toss the seared mushrooms into the sauce and stir-fry until evenly coated.

5. Simmer briefly

Reduce heat, cover, and let simmer for 2–3 minutes to absorb the sauce.

6. Add basil or perilla leaves

Toss in the fresh basil/perilla and stir just until wilted and fragrant. Do not overcook.

7. Serve hot

Plate and serve with steamed rice, plain porridge, or other simple sides.