

Date: 09/13/2025 09/14/2025

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: The Cosmic Law of Cause and Effect

2: Buddhist Diet Health: Walnut Kernel

3: Buddhist Diet Culinary: Amber Walnut Kernel

Main content:

1: Dharma Talk: The Cosmic Law of Cause and Effect.

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: The Cosmic Law of Cause and Effect. One of the most profound insights the Buddha shared with the world is the principle that all things arise from causes and conditions. This is not merely a philosophical idea but a universal law—the Cosmic Law of Cause and Effect—which governs both the physical universe and the moral life of beings. The Buddha realized that liberation comes through understanding and living in harmony with this law.

When the Buddha attained enlightenment under the Bodhi tree, he realized a profound truth: the universe unfolds according to an unchanging principle of cause and effect. Nothing arises without a cause, and every cause produces results. This realization became the foundation of his teaching—the Dharma—that guides beings toward liberation.

The Buddha described his awakening as seeing the chain of dependent origination (Pratītyasamutpāda): “When this exists, that comes to be; when this ceases, that also ceases.”

Through this vision, the Buddha saw the story of existence itself—the endless cycle of birth, death, and rebirth. He understood that ignorance gives rise to craving, craving gives rise to suffering, and suffering binds beings in samsara. But he also saw that by removing ignorance and craving, the cycle could be broken, leading to Nirvana.

The Buddha’s journey also illustrates this law:

His past cultivation of virtues created the conditions for his birth as Siddhartha Gautama.

His renunciation and practice led to enlightenment.

His enlightenment caused the Dharma to spread across the world, transforming countless lives.

The Buddha’s life is itself a story of how causes, when skillfully planted, yield transformative results.

The Buddha’s teaching on universal cause and effect is not abstract but practical:

By practicing the Noble Eightfold Path, one plants wholesome causes that lead to peace and liberation.

By cultivating compassion, generosity, and mindfulness, one aligns with the cosmic law, creating harmony within and without.

By understanding karma, one takes responsibility for shaping the future, both individually and collectively.

The Buddha's story of universal cause and effect is the story of reality itself. The law of cause and effect governs the rising and falling of worlds, the flow of human lives, and the unfolding of every moment. To see this truth is to see the Dharma. To live by this truth is to walk the path of awakening. By planting the seeds of wisdom and compassion, we participate in the cosmic balance, turning the wheel of cause and effect toward liberation for all beings.

2: Buddhist Diet Health: Walnut Kernel

Walnuts, with their rich, slightly bitter flavor and heart-shaped kernels, are highly valued in both traditional Chinese medicine and Buddhist cuisine. In a Buddhist diet, they are often included for their nourishing properties, particularly in supporting brain function, kidney energy, and overall vitality. Their inclusion aligns with the principle of mindful, balanced eating, which seeks to cultivate health and harmony in both body and mind.

Nutritional and Health Benefits

Supports Brain Health

Walnuts are rich in omega-3 fatty acids, antioxidants, and vitamin E, which nourish the brain and improve memory and cognitive function.

In Buddhist practice, mental clarity is essential for meditation and mindfulness; walnuts help support this clarity naturally.

Nourishes Kidneys and Vitality

In traditional Chinese medicine, walnuts are considered warm and nourishing, supporting kidney energy and vitality. Regular consumption can help improve endurance, energy, and overall resilience.

Heart Health and Circulation

Walnuts contain healthy fats and polyphenols that help support cardiovascular health, promoting smooth blood circulation.

Rich in Antioxidants and Nutrients

Contains protein, fiber, magnesium, and antioxidants, making it a nourishing snack or addition to meals. Helps reduce oxidative stress and supports overall longevity.

Digestive Support

Though dense, walnuts are generally easy to digest when eaten in moderation and often paired with grains, fruits, or porridge in a Buddhist diet.

3: Buddhist Diet Culinary: Amber Walnut Kernel



Ingredients:

- 100g walnut kernels (raw or lightly roasted)
- 2–3 tablespoons rock sugar or natural sweetener
- 50ml water
- 1 teaspoon sesame oil (optional, for aroma)

Steps:

1. Prepare the Walnuts

If using raw walnuts, lightly roast them in a dry pan over low heat for 2–3 minutes to enhance flavor.

2. Set aside to cool.

3. Cook the Sugar Syrup

In a small pan, add water and rock sugar.

Heat gently over low-medium heat until the sugar dissolves and forms a light syrup.

4. Coat the Walnuts

Add the walnut kernels to the syrup.

Stir gently to coat all pieces evenly.

Continue to cook on low heat until the syrup thickens and becomes amber-colored, clinging to the walnuts.

5. Cool and Finish

Spread the walnuts on parchment paper or a lightly greased plate to cool.

Optionally, drizzle a tiny amount of sesame oil for aroma.

Let cool completely before serving.