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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: The Law of Attraction in the Universe.

2: Buddhist Diet Health: Peach

3: Buddhist Diet Culinary: Peach Pie

Main content:

1: Dharma Talk: The Law of Attraction in the Universe.

Hello everyone! Welcome to Double Saltree Meditation Center, I am Hao Liu! Today, I would like to share the Dharma Talk topic: The Law of Attraction in the Universe. The idea of the Law of Attraction—that our thoughts and intentions influence the reality we experience—has long fascinated humanity. In Buddhism, while the Buddha did not use the modern term, he taught principles that closely reflect this truth. Our inner state of mind shapes our outer world, and our intentions set into motion causes that bear fruit in the future. In this way, the Law of Attraction can be understood as part of the broader cosmic law of cause and effect (karma) and the natural harmony of the universe.

1. The Buddha taught:

“Mind is the forerunner of all things. If one speaks or acts with a pure mind, happiness follows like a shadow that never departs.”

Our thoughts and intentions are the seeds of our actions. Just as a farmer harvests what he plants, so we experience the results of the mental states we cultivate. Positive thoughts of kindness, generosity, and compassion attract supportive conditions, while negative thoughts rooted in greed, anger, and ignorance draw suffering.

The Story: Mind Shapes Reality

Once, a young disciple asked the Buddha:

“Master, why do some people seem always happy, while others are always suffering?”

The Buddha replied:

“Mind is the forerunner of all things. If one speaks or acts with a pure mind, happiness follows as a shadow never leaves. If one speaks or acts with a corrupted mind, suffering follows, just as a wheel follows the ox that pulls it.”

He then told a story:

There was a farmer who planted two fields. In the first field, he sowed seeds carefully, nurturing them with care and water. In the second, he scattered stones and weeds, neglecting the soil. When the harvest came, the first field yielded abundant crops, while the second produced nothing but thorns and pests.

The Buddha explained:

“Your mind is like the farmer. Your thoughts and intentions are the seeds. The conditions of your life, the people you meet, the opportunities you encounter—all these are the harvest that arises from the seeds you plant.”

The story illustrates the Buddhist principle of karma, the moral law of cause and effect. Just as seeds grow according to their nature, our thoughts and actions produce corresponding results:

The Law of Attraction in the Universe can be understood as the Buddha’s teaching on the power of mind and karma. Our thoughts shape our reality, and our intentions attract corresponding conditions. When we cultivate wisdom, compassion, and mindfulness, we align with the cosmic order, drawing harmony, peace, and liberation. In this way, the universe reflects the state of our heart, and by transforming within, we transform the world around us.

2: Buddhist Diet Health: Peach

The peach, with its soft fragrance and delicate sweetness, has long been regarded as a fruit of blessings, vitality, and harmony in many cultures. In the Buddhist diet, peaches are valued not only for their nourishing qualities but also for their symbolism of longevity and inner balance.

Health Benefits of Peach

Rich in Vitamins and Antioxidants

Peaches provide vitamin C, vitamin A, and polyphenols that strengthen the immune system and help protect the body from free radical damage. This supports practitioners in maintaining a healthy body for spiritual cultivation.

Aids Digestion

With a good amount of dietary fiber, peaches gently support digestive health, promoting regularity and comfort. This aligns with Buddhist dietary mindfulness, which encourages eating foods that are light and easy to digest.

Hydrating and Cooling

Peaches have a high water content, helping replenish fluids and bring a cooling effect during summer. In temple meals, such fruits balance the body's inner heat, complementing the seasonal rhythm of practice.

Supports Heart and Skin Health

Containing potassium and antioxidants, peaches contribute to healthy blood circulation, while their natural nutrients nourish the skin. A clear body and radiant appearance are considered outward reflections of inner balance.

3: Buddhist Diet Culinary: Peach Pie



Ingredients:

For the crust (makes top & bottom):

2 ½ cups all-purpose flour

1 tsp salt

1 cup (2 sticks) unsalted butter, chilled and cubed

6–8 tbsp ice water

For the filling:

6–7 ripe peaches (about 6 cups, peeled & sliced)

¾ cup sugar (adjust depending on sweetness of peaches)

2 tbsp cornstarch (or 3 tbsp flour)

1 tbsp lemon juice

1 tsp vanilla extract

½ tsp cinnamon (optional, for warmth)

Pinch of salt

For finishing:

1 tbsp butter (cut into small cubes, for dotting)

1 tbsp sugar (for sprinkling on crust)

Steps:

1. Make the crust

In a large bowl, mix flour and salt. Cut in chilled butter until the mixture resembles coarse crumbs.

Add ice water gradually, mixing just until dough holds together. Divide into 2 disks, wrap in plastic, and chill for at least 1 hour.

2. Prepare the peaches

Peel peaches (blanching in hot water for 30 seconds helps loosen skins). Slice and place in a large bowl.

Toss with sugar, cornstarch, lemon juice, vanilla, cinnamon, and salt. Let sit for 10–15 minutes to release juices.

3. Assemble the pie

Preheat oven to 425°F (220°C).

Roll out one disk of dough to fit a 9-inch pie dish. Transfer crust to dish and trim edges.

Spoon peach filling into crust and dot with butter cubes.

Roll out the second disk of dough and place over filling, or cut into strips for a lattice top. Seal edges and crimp.

4. Bake

Brush crust with egg wash and sprinkle with sugar.

Bake at 425°F (220°C) for 15 minutes, then reduce heat to 375°F (190°C) and bake for 35–40 minutes, until crust is golden and filling is bubbling.

5. Cool & serve

Let pie cool for at least 2 hours to set before slicing. Serve plain, or with a scoop of vanilla ice cream.