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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

**1: Dharma Talk: Buddha's Teaching to Kāḷa**

**2: Buddhist Diet Health: Arugula**

**3: Buddhist Diet Culinary: Arugula Salad**

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: Buddha's Teaching to Kāḷa.

Kāḷa was a young monk with a kind heart, but he often found himself wavering in his practice due to the temptations and distractions of the external world. He would sometimes be shaken by physical pain and worldly temptations, even beginning to doubt the teachings of the Buddha.

One day, Kāḷa approached the Buddha and asked, "Respected Buddha, the path of practice is so arduous. Though I strive to practice, the pain in my body and my mind often leave me confused. How can I truly escape from suffering and attain liberation?"

The Buddha smiled gently and responded, "Kāḷa, practice is a gradual process, much like a seed growing into a large tree. It must go through many years of nurturing and refinement. The pain you feel today is the result of the causes you have created in the past. Through practice, you can transform these causes into wisdom and compassion."

The Buddha then told a story: "One day, an eagle was flying over a field and saw a wounded rabbit. The rabbit was struggling in pain, and the eagle, seeing its suffering, took the rabbit back to its nest and carefully tended to it. Although the rabbit was initially anxious because of its wounds, with the eagle's help, it eventually recovered and was grateful for the eagle's kindness. Can you understand this? Practice is like the way the eagle cared for the rabbit—with patience and compassion, you must face your pain, not rushing for quick results, and not becoming discouraged."

After hearing the Buddha's teaching, Kāḷa felt deeply moved and decided to continue his practice with determination. Under the Buddha's guidance, he gradually learned not to be disturbed by external suffering, but instead to focus on meditation and inner reflection to purify his mind from distractions. He began to realize that true liberation does not come from escaping pain, but from facing and transforming it with compassion and wisdom.

Over time, through the Buddha's teachings, Kāḷa's mind grew increasingly calm and clear, no longer shaken by external conditions. He eventually reached a profound state of meditation, overcoming his inner obstacles, and attained the other shore of Nirvana.

## **2: Buddhist Diet Health: Arugula**

Arugula is a leafy green vegetable commonly used in salads, stir-fries, and garnishes. It has a slightly spicy, mustard-like flavor that adds a unique zing to dishes. Arugula is a nutritious and versatile plant that aligns well with the principles of the Buddhist diet, which emphasizes plant-based, wholesome foods that support both physical and mental well-being. Below is an exploration of how arugula contributes to health in the context of a Buddhist diet.

### **Nutritional Benefits of Arugula in a Buddhist Diet**

#### **Rich in Essential Nutrients**

Arugula is packed with vital nutrients that promote health and vitality. It is a great source of:

**Vitamins:** Arugula contains high levels of Vitamin K, important for bone health and blood clotting. It also provides Vitamin C, which boosts the immune system and skin health, and Vitamin A (in the form of beta-carotene), which supports vision and immune function.

**Minerals:** Arugula is rich in minerals such as calcium, which supports bone health, and iron, essential for oxygen transport in the blood. This is particularly beneficial for individuals following a plant-based diet, as it helps in addressing potential deficiencies.

**Antioxidants:** Arugula contains powerful antioxidants, such as glucosinolates, which help combat oxidative stress and inflammation in the body.

#### **Supports Digestion and Detoxification**

Arugula is a fiber-rich vegetable, which aids in digestion and promotes a healthy gut. Dietary fiber helps to regulate bowel movements, prevent constipation, and support a healthy microbiome. A balanced digestive system is vital in Buddhism, as it contributes to overall health, energy, and mental clarity for meditation and mindfulness practices.

Furthermore, arugula contains compounds that support the liver in detoxifying harmful substances from the body, which aligns with the Buddhist principle of purification—both physically and spiritually. This purification is important for maintaining a clear mind and healthy body.

#### **Low in Calories and Nutrient-Dense**

Arugula is low in calories but high in vitamins, minerals, and antioxidants, making it a nutrient-dense food. This makes it an ideal addition to a Buddhist diet, where the focus is on eating foods that nourish the body without promoting excess or attachment to food. It helps maintain physical health without contributing to weight gain, which is in line with the Buddhist practice of moderation and mindful eating.

### Alkalizing Properties

Arugula is considered an alkalizing food, meaning it helps balance the body's pH levels by reducing acidity. In Buddhism, the mind and body are viewed as interconnected, and a balanced body promotes mental clarity and peace. Consuming foods that help balance acidity is considered beneficial for emotional and physical well-being, as it contributes to equanimity—one of the key qualities encouraged in Buddhist teachings.

### Boosts Mental Clarity

The nutrients found in arugula, especially its high levels of folate (a B-vitamin), support brain health and cognitive function. Folate is essential for proper nerve function and the production of red blood cells. By providing the nutrients needed for a healthy nervous system, arugula helps maintain mental sharpness and focus—qualities that are highly valued in meditation practices.

### Aiding in Detoxification

Arugula, like other cruciferous vegetables, contains glucosinolates, which have been shown to aid the liver in detoxifying harmful substances. This aligns with the Buddhist practice of purification, which is about cleansing the body and mind from the toxins and distractions that hinder spiritual progress.

## 3: Buddhist Diet Culinary: Arugula Salad



### Ingredients:

Arugula: 200g

Olive oil: 1-2 tablespoons

Fresh lemon juice: 1 tablespoon

Sea salt: to taste

Black pepper: to taste

Honey or maple syrup: 1 teaspoon (optional, to enhance flavor)

Pine nuts: 30g (toasted for crunch)

Vinegar (white vinegar or apple cider vinegar): 1 teaspoon (optional)

**Steps:**

1. Prepare the Arugula: Wash the arugula thoroughly, removing any roots or older leaves. Place it on a clean kitchen towel to absorb excess water, or use a vegetable spinner to dry it quickly.
2. Toast the Pine Nuts: Place the pine nuts in a small pan and toast over low heat, stirring occasionally until they become fragrant and crispy. Be careful not to burn them. Once toasted, you can either leave the pine nuts whole or chop them into smaller pieces.
3. Make the Dressing: In a small bowl, combine the olive oil, lemon juice, sea salt, and black pepper. You can also add 1 teaspoon of honey or maple syrup to balance the spiciness of the arugula. If you like a bit more acidity, add a teaspoon of vinegar.
4. Assemble the Salad: Place the prepared arugula in a large bowl and add the toasted pine nuts.
5. Toss the Salad: Pour the dressing over the arugula and pine nuts, gently tossing to coat the leaves evenly with the dressing.
6. Plate and Garnish: Transfer the salad to a serving plate. You can garnish with a sprinkle of black pepper, lemon zest, or a drizzle of olive oil for extra flavor.
7. Serve: Enjoy immediately for a fresh, light, and nutritious dish!