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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

**1: Dharma Talk: Blessings Arise from the Mind — The Lesson of a Bowl of Clear Water**

**2: Buddhist Diet Health: Lily Bulb**

**3: Buddhist Diet Culinary: Lotus Seed & Lily Bulb Calming Rice**

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: Blessings Arise from the Mind — The Lesson of a Bowl of Clear Water.

The Buddha once taught, “The mind is like a skilled painter, creating all the worlds.”

Suffering and happiness do not arise from circumstances, but from the state of the mind.

One day, as the Buddha was traveling through a village with his disciple Mahāmaudgalyāyana, they met a young man who looked constantly troubled. Though his family was well-off, he often complained that his life was full of misery.

Mahāmaudgalyāyana asked him,

“You lack nothing in food or clothing. Why is your heart so restless?”

The young man replied,

“I always feel that others have more than I do and live better lives. Whenever I think of this, my heart fills with dissatisfaction and distress.”

Hearing this, the Buddha asked for a bowl of clear water and told the young man to throw a handful of dust into it. At once, the water became muddy.

The Buddha asked,

“Can you still see your reflection?”

The young man shook his head.

After a while, the dust settled, and the water became clear again.

The Buddha said,

“The water itself never changed—the dust simply settled. Your life is the same. Your suffering comes from deluded thoughts, not from reality.”

The young man awakened instantly and bowed deeply.

The Buddha taught,

“When the mind is full of comparison, even blessings turn into suffering. When the mind is settled, suffering transforms into blessing.”

Blessings arise from the mind; when the mind is pure, blessings naturally appear.

## 2: Buddhist Diet Health: lily bulbs

Lily bulbs have long been associated with peace, harmony, and purity in East Asian culture. Their layered structure symbolizes unity and completeness, qualities that resonate with Buddhist teachings on balance and interconnectedness. In temple cuisine, lily bulbs are appreciated not for richness or stimulation, but for their ability to nourish quietly and restore inner calm.

### Nutritional and Wellness Benefits

Lily bulbs are light yet nourishing. From a traditional wellness perspective, they are believed to:

Soothe the mind and ease restlessness

Support lung and throat health

Promote gentle digestion

Moisten dryness caused by stress or fatigue

They are naturally low in fat, easy to digest, and suitable for all ages. These qualities align with the Buddhist principle of avoiding excess and choosing foods that support clarity rather than agitation.

## 3: Buddhist Diet Culinary: Lotus Seed & Lily Bulb Calming Rice



### Ingredients:

White rice – 1 cup

Dried lotus seeds – 15–20 g

Dried lily bulbs – 10 g

Water – 1.5–2 cups (adjust for softer texture)

Goji berries – 1 teaspoon

Red dates (jujube), pitted – 1–2 pieces

**Steps:**

1. Rinse the rice until the water runs clear.
2. Soak lotus seeds for 2–4 hours (or overnight). Remove the green cores to reduce bitterness.
3. Soak dried lily bulbs in warm water for 20–30 minutes, then rinse gently.
4. Add rice, lotus seeds, and lily bulbs to a pot or rice cooker.
5. Pour in water and bring to a gentle boil.
6. Reduce heat, cover, and simmer for 20–25 minutes until the rice is soft and fragrant.
7. If using a rice cooker, cook as normal rice.
8. Add goji berries or red dates during the last 5 minutes, if desired.
9. Turn off heat and let the rice rest for 5 minutes before serving.