

Date: 01/24/2026    01/25/2026

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

**1: Dharma Talk: Blessings Arise from the Mind — The Test of a Bag of Gold**

**2: Buddhist Diet Health: Chinese Red Sugar**

**3: Buddhist Diet Culinary: Eight-Treasure Warming Porridge**

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 Test of a Bag of Gold.

Once, a wealthy man came to see the Buddha carrying a bag of gold. His face was filled with anxiety, and he confessed that he could not sleep at night.

The Buddha asked,

“What is it that you fear?”

The man replied,

“I fear losing my wealth.”

The Buddha instructed his disciples to store the gold in the monastery and invited the man to stay overnight in meditation.

The next morning, the man appeared calm and refreshed.

The Buddha asked,

“The gold was not with you—how was your mind?”

The man answered honestly,

“I felt lighter and more at ease.”

The Buddha said,

“What binds you was never the gold, but your attachment to it.”

Awakened by these words, the man offered part of his wealth in generosity.

The Buddha taught,

“Wealth can nourish the body, but it can also imprison the mind. When the mind is free, blessings need not be sought.”

Blessings arise from the mind; where there is letting go, there is the gateway to fortune.

## **2: Buddhist Diet Health: Chinese Red Sugar**

Chinese red sugar is made from natural sugarcane juice that is slowly boiled and solidified without heavy refining. Unlike white sugar, it retains its natural color, aroma, and trace nutrients. Its deep, mellow sweetness reflects the Buddhist dietary preference for foods that are close to their natural state.

From a traditional dietary viewpoint, Chinese red sugar is considered warming and nourishing when used appropriately. It is traditionally believed to:

Warm the body and improve circulation

Support recovery from fatigue or weakness

Ease cold-related discomfort

Provide gentle, quick energy

Because of these qualities, Chinese red sugar is often used during colder seasons or periods of low vitality, rather than as a daily sweetener.

## **3: Buddhist Diet Culinary: Eight-Treasure Warming Porridge**



### **Ingredients:**

Brown rice, millet, red beans, mung beans

Peanuts, lotus seeds, red dates

Longan (optional)

**Steps:**

1. Soak beans several hours in advance.
2. Rinse all ingredients and place them in a pot.
3. Simmer gently over low heat for 1–1.5 hours.
4. Do not add sugar, or add a small amount of rock sugar if desired.