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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: Blessings Arise from the Mind — The Cause and Effect of an Insult

2: Buddhist Diet Health: White Jade Cabbage

3: Buddhist Diet Culinary: White Jade Cabbage with Tofu

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 Cause and Effect of an Insult.

One day, a man publicly insulted the Buddha with harsh and abusive words. The Buddha remained calm and silent.

The disciples, confused, asked,

“World-Honored One, why do you not respond?”

The Buddha asked in return,

“If someone offers you a gift and you refuse to accept it, to whom does the gift belong?”

The disciples replied,

“To the one who offered it.”

The Buddha said,

“An insult is the same.”

Seeing the Buddha unmoved, the man felt ashamed and left.

The Buddha taught,

“When anger enters the mind, it becomes the cause of suffering. When it is not accepted, purity naturally remains.”

Most suffering arises because people accept emotions they need not accept.

Blessings arise from protecting one's own mind.

Blessings arise from the mind, not from circumstances.

2: Buddhist Diet Health: White Jade Cabbage

White jade cabbage is appreciated for its clean appearance and understated flavor. In Buddhist culture, white and light-colored foods often symbolize purity, clarity, and humility. White jade cabbage grows close to the earth and requires minimal care, reflecting the Buddhist value of living simply and in harmony with nature.

White jade cabbage is light, refreshing, and easy to digest. From a traditional wellness perspective, it is believed to:

Clear heat and promote balance

Support digestion and intestinal comfort

Hydrate the body and ease dryness

Provide nourishment without heaviness

Its high water content and mild nature make it suitable for daily consumption, especially in warm climates or for those seeking gentle, grounding foods.

3: Buddhist Diet Culinary: White Jade Cabbage with Tofu



Ingredients:

Chinese cabbage – appropriate amount

Soft tofu – $\frac{1}{2}$ block

Ginger slices (optional, minimal)

Steps:

1. Wash and cut cabbage; cube the tofu.
2. Use clear water or minimal oil; add cabbage stems first.

3. Add tofu and simmer gently.
4. Add cabbage leaves and cook briefly until done.