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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: What Truly Shortens Life Is Not Age—but Inner Poison

2: Buddhist Diet Health: Mei Gan Cai

3: Buddhist Diet Culinary: Stir-Fried Tofu with Mei Gan Cai

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: What Truly Shortens Life Is Not Age—but Inner Poison.

The Buddha observed something painful about human life: many people grow old in the heart long before the body ages.

They are consumed by desire, burned by anger, and blinded by confusion. Day after day, the mind never rests—and the body pays the price.

The Buddha called these forces the Three Poisons: greed, hatred, and ignorance.

A single burst of anger can drain days of energy. A lifelong obsession can create years of anxiety. A mistaken belief can quietly shape an entire life.

The Buddha did not oppose the wish for longevity. But he taught that true longevity does not come from adding more, but from letting go.

Less comparison. Less resentment. Less inner warfare.

Life is shaped by the mind in the simplest way: how you treat your mind is how you treat your life.

2: Buddhist Diet Health: Mei Gan Cai

Mei Gan Cai is made by fermenting and drying mustard greens. Its flavor is savory, slightly sweet, and aromatic, and it is traditionally considered to have a warming effect on the body. According to Chinese dietary therapy:

It can support digestive health and aid the spleen and stomach.

It helps stimulate appetite, especially for those with weaker digestive function.

It provides a mild warming effect, making it suitable for cooler seasons or individuals with a tendency toward internal cold.

Its natural fermentation also produces small amounts of beneficial compounds that can gently support gut health.

Buddhist vegetarian dishes tend to be light, often including tofu, mushrooms, and root vegetables. Mei Gan Cai adds a rich, savory depth without relying on oil, salt, or strong spices, allowing simple ingredients to shine.

Supporting digestion

Its fermented and aromatic qualities can gently stimulate digestive function, making plant-based meals more satisfying and easier to absorb.

Warming and balancing

In Buddhist health philosophy, balance is essential. Mei Gan Cai's mild warming nature can complement the otherwise cooling qualities of many plant-based foods, especially in autumn and winter, promoting comfort and internal balance.

3: Buddhist Diet Culinary: Stir-Fried Tofu with Mei Gan Cai



Ingredients:

300g firm tofu (cut into cubes)

50g Mei Gan Cai (soaked and chopped)

1 small piece of fresh ginger (julienned)

1–2 tablespoons cooking oil

1 tablespoon light soy sauce

A few drops of sesame oil

Salt, to taste (adjust according to the saltiness of Mei Gan Cai)

Steps:

1. Prepare the ingredients

Rinse and soak the Mei Gan Cai in water until soft, remove impurities, and chop finely. Cut tofu into cubes and either blanch or lightly pan-fry until golden on the surface.

2. Sauté aromatics

Heat a small amount of oil in a pan and sauté the ginger until fragrant.

3. Cook Mei Gan Cai

Add the chopped Mei Gan Cai and stir-fry over low heat for 2–3 minutes until its aroma is released.

4. Add tofu

Gently add the tofu cubes, tossing lightly so the tofu absorbs the flavor of the Mei Gan Cai.

5. Season and finish

Add soy sauce and a small amount of salt (depending on the saltiness of the Mei Gan Cai). Simmer on low heat until the sauce is absorbed, then drizzle with sesame oil before serving.