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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: The Miserly Rich Man: Why Wealth Disappears.

2: Buddhist Diet Health: Seaweed

3: Buddhist Diet Culinary: Cold Seaweed and Shredded Potato 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: The Miserly Rich Man: Why Wealth Disappears. The Buddha once told a story about karma and the loss of wealth.

In the city of Śrāvastī, there lived a very wealthy merchant. He possessed great treasures of gold and silver, yet he was extremely stingy. He never helped the poor and refused to make offerings to monks.

One day, a monk came to his house to receive alms.

Instead of offering food, the merchant mocked the monk and said:

“You monks do no work, yet you beg from others. Why should I give you anything?”

The monk did not become angry and quietly left.

Not long afterward, the merchant’s business began to fail. One loss followed another, and eventually his great wealth disappeared. His life became extremely difficult.

People wondered:

“How could such a rich man suddenly become poor?”

The Buddha explained:

“Wealth exists because it is supported by merit. If a person only enjoys wealth but never practices generosity, their merit will gradually be exhausted.”

The Buddha further explained the karmic cause.

In a previous life, this merchant had practiced generosity, which brought him wealth in this life.

But in his current life he was stingy and refused to give, so his merit was steadily depleted.

This illustrates an important truth:

Wealth is not permanent. It depends on the support of wholesome karma.

Therefore, Buddhism teaches:

“Generosity of wealth leads to wealth.”

If we wish to live in peace and abundance, we must learn to share and help others.

When we see people in need and offer assistance, we are not only helping them—we are also planting seeds of future blessings for ourselves.

2: Buddhist Diet Health: Seaweed

In the tradition of Buddhism, vegetarian or “fasting” diets emphasize purity, simplicity, and compassion. Kelp (seaweed) is a commonly used ingredient because it is natural, nutritious, and aligns well with the principles of a plant-based, non-violent diet. It often appears in temple cuisine as well as in home-style vegetarian cooking.

Kelp belongs to marine algae and does not involve taking animal life. It is easy to preserve and cook, making it a practical and healthy food in vegetarian meals. For example, in Japanese Buddhist temple cuisine known as Shojin Ryori, seaweed is frequently used to make broth, soups, and cold dishes.

Health Benefits of Seaweed

1. Rich in Minerals

Seaweed contains many essential minerals such as:

Iodine

Calcium

Iron

Magnesium

Potassium

These nutrients are especially beneficial for people following vegetarian diets.

2. Supports Thyroid Health

Seaweed is a natural source of iodine, which helps maintain normal thyroid function and supports metabolism.

Common edible seaweeds include:

Kelp

Nori

Wakame

3. Promotes Digestive Health

Seaweed contains dietary fiber and natural polysaccharides that can:

Support intestinal movement

Improve digestion

Help maintain a healthy gut microbiome

4. Light and Low in Calories

Seaweed is low in calories but high in nutrients, making it ideal for a balanced and health-focused diet. It is especially suitable for:

Light eating habits

Weight management

Nutritional balance

3: Buddhist Diet Culinary: Cold Seaweed and Shredded Potato Salad



Ingredients:

150 g shredded seaweed

1 potato

1–2 small chili peppers (optional)

A little cilantro (optional)

1 tbsp soy sauce

1–1.5 tbsp rice vinegar

A pinch of salt

½ tsp sugar

½ tbsp sesame oil

½–1 tbsp chili oil (adjust to taste)

Steps:

1. Prepare the seaweed

Rinse the shredded seaweed. If using dried seaweed, soak it first until softened.

Blanch in boiling water for 1–2 minutes, then remove and rinse with cold water. Drain well.

2. Prepare the potato

Peel the potato and cut it into thin strips.

Rinse the strips in water to remove excess starch.

Blanch in boiling water for 30–40 seconds to keep them crisp.
Remove, rinse with cold water, and drain.

3. Prepare the aromatics

Slice the chili peppers.

Chop the cilantro.

4. Mix

In a bowl, combine seaweed, potato strips, garlic, and chili.

Add soy sauce, vinegar, salt, sugar, chili oil, and sesame oil.

Toss well to combine.

5. Chill (optional but recommended)

Refrigerate for 10–20 minutes before serving for better flavor.