

Date: 03/21/2026 03/22/2026

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: The Merit of a Bowl of Rice: How Kindness Changes Destiny.

2: Buddhist Diet Health: Snow White Beech Mushrooms

3: Buddhist Diet Culinary: Snow White Beech Mushrooms Stir-Fried with Edamame

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 Merit of a Bowl of Rice: How Kindness Changes Destiny.

During the Buddha's time, there was a very poor young man who worked hard every day doing manual labor. His life was extremely difficult.

One day, he saw a monk walking through the village on alms round.

The young man felt deep respect for the monk, but he had no extra money.

When he returned home, he saw that he had only one bowl of rice left.

He hesitated for a moment, then thought:

“This monk dedicates his life to practicing the Dharma. I should make an offering.”

So he gave his only bowl of rice to the monk.

That day he had nothing to eat himself, yet his heart was filled with great joy.

Later, the Buddha spoke about this event and told his disciples that this young man would receive wealth and happiness in future lives because of his sincere offering.

The Buddha said:

“Those who practice generosity are like farmers planting seeds in fertile soil. In the future, the harvest will certainly be abundant.”

According to the law of karma, no good deed is ever lost.

A bowl of rice may seem insignificant, but when it is offered with sincerity, the merit can be immense.

Buddhism teaches us that:

Merit does not depend on the amount given, but on the intention of the heart.

If a wealthy person gives reluctantly, the merit is small.

But if a poor person gives sincerely, the merit can be very great.

Therefore the Buddha taught:

“A single wholesome thought can generate immeasurable merit.”

When our hearts are filled with compassion and kindness, our destiny gradually transforms.

2: Buddhist Diet Health: Snow White Beech Mushrooms

In many traditions of Buddhism, vegetarian or plant-based meals are encouraged as part of a compassionate and mindful lifestyle. Mushrooms are widely used in Buddhist cooking because they provide natural flavor and nutrition without the need for animal products. One popular ingredient is the White Beech Mushroom, often called Snow White Beech Mushrooms.

Nutritional Benefits

1. Rich in Plant Protein

Snow White Beech Mushrooms contain small but meaningful amounts of plant protein, which helps support vegetarian diets.

2. High in Dietary Fiber

These mushrooms contain dietary fiber that helps:

Support digestion

Improve gut health

Promote regular bowel movement

3. Source of Vitamins and Minerals

They provide several important nutrients, including:

B vitamins

Potassium

Copper

Antioxidants

These nutrients support metabolism and overall health.

4. Low Calories, High Nutrition

Snow White Beech Mushrooms are:

Low in calories

Low in fat

Rich in beneficial compounds

This makes them suitable for balanced, light meals often recommended in Buddhist dietary practice.

3: Buddhist Diet Culinary: Snow White Beech Mushrooms Stir-Fried with Edamame



Ingredients:

200 g White Beech Mushroom (snow white beech mushrooms)

150 g shelled Edamame

1 tbsp cooking oil

½ tsp salt

1 tsp soy sauce

A pinch of white pepper

A few drops of sesame oil (optional)

Steps:

1. Prepare the ingredients

Cut off the base of the white beech mushrooms, separate them, and rinse well.

If using frozen edamame, thaw it first.

2. Blanch the edamame

Bring a pot of water to a boil and add a little salt.

Add the edamame and cook for 2–3 minutes until just tender.

Drain and set aside.

3. Stir-fry the mushrooms

Heat oil in a pan or wok.

Add the sauté until fragrant.

Add the white beech mushrooms and stir-fry over medium heat for 2–3 minutes until they release a little moisture.

4. Combine and season

Add the edamame and stir-fry together.

Season with salt, soy sauce, and white pepper.

Stir-fry for 1–2 minutes.

5. Finish

Drizzle a few drops of sesame oil before serving for extra aroma.