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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: True Wealth: Contentment and a Pure Heart.

2: Buddhist Diet Health: Vegetarian Hot and Spicy Soup

3: Buddhist Diet Culinary: Vegetarian Hot and Spicy Soup

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: True Wealth: Contentment and a Pure Heart.

Many people spend their entire lives pursuing wealth, yet they never feel satisfied.

Once, a wealthy lay follower came to see the Buddha. Although he possessed great riches, he felt deeply troubled and unhappy.

He asked the Buddha:

“World-Honored One, I have so much wealth, yet my heart is not at peace. Why is this so?”

The Buddha replied:

“Because wealth cannot satisfy endless desire.”

The Buddha further explained:

If a person’s mind is filled with greed and craving, even great wealth will never feel sufficient.

But if a person knows contentment, even a simple life can feel rich and joyful.

One of the Buddha’s disciples, Mahākāśyapa, lived a very simple life. He often wore old and patched robes and practiced in the mountains.

Yet the Buddha praised him, saying:

“Few desires and contentment are the greatest wealth.”

This statement reveals a profound truth about life.

True wealth does not lie in how much money we possess, but in whether we have:

A pure mind

A compassionate heart

A spirit of contentment

When a person's heart is filled with kindness, their life naturally becomes rich in blessings.

When a person understands contentment, their life becomes peaceful and joyful.

Therefore, the Buddha taught:

“Wealth arises from the mind, and blessings arise from wholesome deeds.”

When we continuously plant seeds of goodness in our hearts, the fruits of happiness and abundance will naturally appear in the future.

2: Buddhist Diet Health: Vegetarian Hot and Spicy Soup

Vegetarian Hot and Spicy Soup, inspired by the traditional Chinese Hu La Tang, is a classic example of a nutritious, plant-based dish that fits perfectly within a Buddhism diet. It is warm, comforting, and lightly spiced, making it both wholesome and suitable for mindful eating practices.

Nutritional and Health Benefits

1. Rich in Plant-Based Protein

Tofu provides a high-quality plant protein, supporting muscle health and satiety for vegetarian diets.

2. Promotes Digestive Health

The combination of Wood Ear Mushrooms, Kelp, and other vegetables adds dietary fiber, helping:

Regulate bowel movements

Support gut microbiome balance

3. Anti-Inflammatory and Warming

White pepper, the main spice in Hu La Tang, can:

Stimulate circulation

Warm the body

Improve metabolism

4. Low in Calories, High in Nutrients

This soup is light but nutrient-dense, rich in:

Vitamins (B complex, C)

Minerals (calcium, potassium, iron)

Antioxidants

It provides energy and warmth without overloading the digestive system, making it ideal for mindful or meditative eating.

3: Buddhist Diet Culinary: Vegetarian Hot and Spicy Soup



Ingredients:

200 g Tofu

50 g soaked Wood Ear Mushroom

100 g Enoki Mushroom

½ Carrot

50 g shredded Kelp

1–2 tsp white pepper

1 tbsp soy sauce

1 tbsp rice vinegar

Salt to taste

A few drops sesame oil

1–2 tbsp cornstarch (for thickening)

Tofu Skin

Shiitake Mushroom

Fresh cilantro

Steps:

1. Prepare the ingredients

Cut the tofu into thin strips.

Slice the wood ear mushrooms into thin pieces.

Julienne the carrot.

Trim and rinse the enoki mushrooms.

Wash the shredded kelp.

2. Cook the soup base

Bring about 1 liter of water to a boil in a pot.

Add the wood ear mushrooms, carrot, and kelp.

Cook for 3–4 minutes.

3. Add the main ingredients

Add the tofu strips and enoki mushrooms.

Continue cooking for 2–3 minutes.

4. Season the soup

Add soy sauce, salt, and white pepper.

Stir in the rice vinegar.

5. Thicken the soup

Mix cornstarch with a little water to make a slurry.

Slowly pour it into the soup while stirring until slightly thickened.

6. Finish and serve

Drizzle a few drops of sesame oil.

Garnish with cilantro if desired.