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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

**1: Dharma Talk: True Wealth: Honor and position arise from the mind (Part 2)**

**2: Buddhist Diet Health: Colored Peppers**

**3: Buddhist Diet Culinary: Rainbow Buddhist Fried Rice**

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: Honor and position arise from the mind (Part 2). We continue to explore the proposition that "Honor and position arise from the mind." This proposition profoundly reveals the causal relationship between the impermanence of the mind and external blessings. In Buddhism, "impermanence" is an extremely important concept. The Buddha, through the wisdom of impermanence, helps us break free from attachment to all things in the world, thereby allowing us to attain true blessings.

Impermanence is one of the fundamental laws of Buddhism. In the Diamond Sutra, the Buddha said, "All things are impermanent; change is their constant." All phenomena in life, including our mindset, are impermanent. Our moods, thoughts, and emotions are constantly changing. The existence of impermanence makes us realize that everything in life is temporary, and we should not place our happiness and blessings in external things because they cannot last forever.

However, it is precisely because of the impermanence of the mind that we should pay more attention to the cultivation of the mind, as the various changes within our minds directly determine our blessings. When our hearts are filled with greed, jealousy, and anger, these negative emotions bring suffering and distress. But when our minds are pure, compassionate, and wise, our blessings will continuously flow.

The Buddha once told a story: There was a king named King Good Roots. In his youth, because his heart was filled with greed and hatred, his country fell into chaos, and the people suffered. Every time the king became angry, it would lead to wars, and the lives of the people were in turmoil. However, one day, the king met a venerable monk, who explained to him the principle of "fortune arises from the mind" and encouraged him to reflect on his inner state.

The king began to practice the Dharma, and gradually, his mindset changed. He no longer became angry over trivial matters, nor did he crave endless wealth and power. With the purification and transformation of his heart, the king not only ruled his country well, but the people lived in peace and happiness, and he himself received abundant blessings. His kingdom grew stronger, and the people lived joyful lives.

From this story, we can see that blessings do not come from external material wealth and fame, but from the transformation of the mind. When we transcend the impermanence of the mind and cultivate stability, compassion, and wisdom within, true blessings will naturally follow.

The Buddha teaches us that although the mind is impermanent, through practice, we can gradually subdue the mind, making it peaceful, pure, and constant. Through the cultivation of meditation and mindfulness, we can transcend the impermanence of the mind, thereby approaching Buddhahood and obtaining true blessings.

The practice is not to escape impermanence, but to recognize it, allowing us to view life more clearly and find inner peace and tranquility. Only by finding the constant wisdom within the impermanent mind can we truly obtain the blessings that are neither born nor destroyed, neither perishing nor arising.

Today's teaching reminds us that the essence of "fortune arises from the mind" is that we must recognize the impermanence of our hearts and, within this impermanence, find the wisdom of constancy. Through practice, we can cultivate a mind that remains as steady as a mountain, pure, and peaceful, thereby obtaining true blessings and tranquility.

## **2: Buddhist Diet Health: Colored Peppers**

Colored Peppers (Colored Bell Peppers) , Plant-centric & Nutrient-dense: Colored peppers are vegetables that provide a wide range of micronutrients without animal products, fitting vegetarian or vegan preferences typical in Buddhist meals.

### Health Benefits

#### 1. Rich in Vitamins and Antioxidants

Colored peppers (especially red, yellow, and orange) are exceptionally high in vitamin C, often more than oranges, which boosts immune health and supports collagen synthesis for healthy skin and tissues. They contain carotenoids like  $\beta$ -carotene, lutein, and zeaxanthin, which act as antioxidants and help protect cells from oxidative damage.

These nutrients are powerful for overall antioxidant protection and anti-aging effects.

#### 2. Eye Health & Vision Support

The carotenoids in colored peppers (especially lutein and zeaxanthin) play a role in preserving eye health, filtering harmful blue light and supporting macular health.

#### 3. Digestive Health & Weight Management

Peppers are low in calories and high in dietary fiber, which supports healthy digestion, regular bowel movements, and satiety—helpful for weight control and metabolic balance.

Their low energy density makes them ideal for a Buddhist plant-based diet focused on mindful eating.

#### 4. Cardiovascular and Metabolic Benefits

The fiber, potassium, and antioxidants in colored peppers contribute to cardiovascular health by helping regulate blood pressure and supporting healthy blood lipid levels.

Their phytonutrients may also assist in maintaining healthy blood sugar responses when incorporated into balanced meals.

#### 5. Immune System Support

With high vitamin C and antioxidant content, colored peppers can help enhance immune function and assist in recovery from infections or inflammation—beneficial in holistic health approaches like Buddhist dietary practice.

### 3: Buddhist Diet Culinary: Rainbow Buddhist Fried Rice



#### Ingredients:

- 2 bowls cooked brown rice (preferably overnight, so the grains are separate)
- 50g peas
- 50g corn kernels
- 1 carrot (diced)
- 1 bell pepper (red, yellow, green mix, diced)
- 3-4 shiitake mushrooms (diced)
- 100g firm tofu or dried bean curd (cut into small cubes, optional pan-fried or lightly fried)
- 1 small piece of ginger (minced)
- 1 tbsp vegetable oil
- 1 tbsp soy sauce (low-sodium optional)
- Salt to taste
- Black pepper to taste
- A few drops sesame oil
- Sesame seeds (for garnish, optional)

#### Steps:

1. Prepare the ingredients

Cook the brown rice in advance; ideally refrigerate overnight to make the grains separate.

Dice the carrot, bell pepper, and shiitake mushrooms. Cut the tofu or bean curd into small cubes and lightly pan-fry until slightly golden. Mince the ginger and set aside.

## 2. Blanch vegetables (optional)

Blanch the peas and corn for 1 minute to keep them crisp; canned corn can be used directly.

## 3. Sauté the aromatics

Heat the vegetable oil in a pan. Add the minced ginger and sauté for about 30 seconds until fragrant.

## 4. Pan-fry the tofu

Add the tofu cubes and stir-fry until the surface is slightly golden and aromatic.

## 5. Stir-fry the vegetables

Add the diced carrot, bell pepper, mushrooms, peas, and corn. Stir-fry quickly for 1-2 minutes, keeping the vegetables crisp and colorful.

## 6. Add the rice

Add the brown rice to the pan and gently stir-fry, separating the grains and heating them evenly.

## 7. Season

Add soy sauce, salt, and black pepper. Stir well so the rice and vegetables are evenly coated.

## 8. Finish and serve

Drizzle a few drops of sesame oil for extra aroma.

Plate the fried rice and sprinkle sesame seeds on top as garnish.