

Date: 04/18/2026 04/19/2026

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: Honor and position arise from the mind (Part 3)

2: Buddhist Diet Health: Rice Cake (Ci Ba)

3: Buddhist Diet Culinary: Brown Sugar Glutinous Rice Cake (Hong Tang Ci Ba)

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 3). We continue to explore the Buddhist wisdom of "Honor and position arise from the mind (Part 3)." In this lecture, we will examine how through the cultivation of the mind, the fruits of blessings can manifest. Blessings are not mere illusions, but the crystallization of the wisdom within our hearts.

In Buddhism, wisdom refers to the ability to understand the true nature of life, to comprehend impermanence and cause and effect. The Buddha teaches us that through wisdom, we are able to see through the illusions and changes of the world, thereby freeing ourselves from suffering and attaining true freedom and blessings.

"Fortune arises from the mind" is manifested through wisdom. When our minds are filled with wisdom, we can clearly see the relationships of cause and effect, understand the consequences of good and bad actions, and thus avoid wrongdoing, perform good deeds, and accumulate blessings. Wisdom is the lighthouse that guides us toward light and peace, and blessings are the natural outcome that arises after wisdom is cultivated.

The Buddha once told his disciples, "Wisdom is the most precious wealth, and it can bring us endless blessings." A disciple named Ananda once asked the Buddha, "How can I attain the greatest blessings?" The Buddha replied, "Wisdom is the greatest blessing. You must use wisdom to see the truth of the world, to understand the law of cause and effect, and blessings will naturally follow."

After hearing this, Ananda decided to diligently cultivate his wisdom. He carefully studied the Buddha's teachings and deeply contemplated the cause and effect of all phenomena. As his wisdom grew, his life underwent a profound transformation. His mindset became more peaceful, tolerant, and compassionate. As a result, his blessings gradually manifested—his personal practice was enhanced, and the sentient beings around him benefited from his teachings. Ultimately, he became one of the Buddha's close disciples.

Through Ananda's story, we can see the deeper meaning of "fortune arises from the mind" — wisdom is the key to obtaining blessings. Only through wisdom can we see through the various attachments and illusions of the world, understand the impermanence and cause and effect of all phenomena, and make the right choices to accumulate good causes, thereby attaining true blessings.

Dear Dharma friends, today's teaching reminds us that the essence of "fortune arises from the mind" lies in wisdom. Wisdom allows us to see cause and effect clearly and brings peace to our hearts. Guided by wisdom, our actions and decisions will be purer and more compassionate, thus bringing inner blessings and tranquility.

2: Buddhist Diet Health: Rice Cake (Ci Ba)

Ciba, a traditional food made from glutinous rice or glutinous rice flour, has a long history in Chinese culinary culture. Within the context of Buddhist vegetarian cuisine, it is not only a common plant-based delicacy, but also embodies the dietary principles of simplicity, purity, and moderation. Its soft, chewy texture and gentle sweetness symbolize harmony and completeness.

In temples and during traditional festivals, ciba is often offered as a ritual food or seasonal delicacy. It is commonly served with brown sugar or sesame, reflecting a natural, humble, and frugal aesthetic.

From a health perspective, glutinous rice foods offer certain nourishing benefits:

Warming the digestive system: Suitable for individuals with cold body constitution or weak digestion

Energy supply: Rich in carbohydrates, providing sustained energy

Soft texture: Easy to chew, making it suitable for the elderly or those with limited chewing ability

3: Buddhist Diet Culinary: Brown Sugar Glutinous Rice Cake (Hong Tang Ci Ba)



Ingredients:

200g glutinous rice flour

~150 ml warm water

80g brown sugar

50 ml water (for syrup)

Roasted soybean powder or crushed peanuts (optional)

Cooking oil

Steps:

1. Make the dough

Put the glutinous rice flour in a bowl
Gradually add warm water while mixing
Knead into a smooth, non-sticky dough

2. Shape

Divide the dough into small portions
Roll into logs and cut into pieces
Or flatten into small rectangular cakes (traditional style)

3. Pan-fry

Heat a little oil in a pan over medium-low heat
Add the rice cakes
Fry until both sides are golden and slightly crispy

4. Make the brown sugar syrup

Add brown sugar and water to a small pot
Heat on low, stirring until dissolved
Simmer until slightly thickened

5. Serve

Place the fried rice cakes on a plate
Drizzle with the syrup
Sprinkle soybean powder or crushed peanuts (optional)