

Date: 04/25/2026 04/26/2026

Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: Honor and position arise from the mind (Part 4)

2: Buddhist Diet Health: Tofu Skin Rolls

3: Buddhist Diet Culinary: Vegetarian Crispy Tofu Skin Rolls (Xiangling Rolls) for Hot Pot

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 4). In today's teaching, we will explore through the cultivation of the mind, subduing afflictions, and accumulating blessings. Practice is the essential path to obtaining blessings, and through practice, we can purify our hearts, thereby gaining endless blessings and happiness.

The Buddha teaches us that the core of practice lies in the subjugation of the mind. We are often troubled by our inner greed, anger, and ignorance, and these afflictions cause our lives to be filled with suffering and obstacles. Through practice, we can purify these distractions and cultivate a pure, compassionate, and wise heart.

The process of practice is one of continuously correcting ourselves and subduing our afflictions. As we remove the impurities within our hearts through practice, we get closer to Buddhahood and attain true blessings. Whether through chanting, meditation, observing precepts, or cultivating wisdom, the ultimate goal is to purify our minds and receive lasting blessings.

In the Nirvana Sutra, the Buddha said, "The practitioner should subdue themselves through the cultivation of precepts, concentration, and wisdom, nurturing inner blessings." The Buddha's teaching tells us that practice is the foundation of obtaining blessings. Only through practice can we transcend worldly distractions and attain true peace and happiness.

There is a story of a young practitioner who, at first, was filled with greed and anger, and was often misunderstood by others. However, under the Buddha's teachings, he began to practice and gradually let go of his attachments and anger. Through long-term cultivation, he eventually attained tranquility and compassion, thereby accumulating abundant blessings.

Dear Dharma friends, today's teaching reminds us that the ultimate practice of "Fortune arises from the mind" is achieved through the cultivation of the mind. Through practice, we purify our hearts, cultivate compassion and wisdom, and thus receive true blessings. Every step of practice is a step toward blessings. May each of us, through our practice, accumulate infinite blessings and move toward true peace and wisdom.

2: Buddhist Diet Health: Tofu Skin Rolls

Tofu skin rolls, often known as Xiangling rolls, are a popular plant-based ingredient in Chinese cuisine and a natural fit within Buddhist dietary practices. Made primarily from tofu skin (yuba), they reflect the core principles of a Buddhist diet: simplicity, purity, and non-harm.

In Buddhist vegetarian traditions, food is chosen not only for nourishment but also for its ethical and spiritual significance. Tofu skin rolls align well with these values:

They are commonly served in vegetarian hot pots, temple meals, or home-style dishes, offering both nourishment and a sense of balance.

Health Benefits

From a nutritional perspective, tofu skin rolls provide several advantages:

Rich in plant protein: Tofu skin is a concentrated source of soy protein

Supports energy levels: Balanced nutrients help sustain daily activity

Light yet satisfying: Absorbs broth well without feeling greasy

Digestible when cooked properly: Especially when softened in soup or hot pot

3: Buddhist Diet Culinary: Vegetarian Crispy Tofu Skin Rolls (Xiangling Rolls) for Hot Pot



Ingredients:

Tofu skin (yuba sheets)

Fresh shiitake mushrooms: 3–5

Carrot: ½

Wood ear mushrooms (soaked)

Soft tofu

Minced ginger: a little

Soy sauce: 1–2 tbsp

Sesame oil: a few drops

White pepper: a pinch

Vegetarian broth (kombu or mushroom stock)

Steps:

1. Prepare the ingredients

Cut tofu skin into rectangular sheets

Slice shiitake mushrooms, wood ear, and carrot into thin strips

Cut tofu into strips

2. Make the filling

Combine mushrooms, wood ear, and carrot in a bowl

Add soy sauce, sesame oil, and white pepper

Mix well; add a little minced ginger for extra aroma

3. Roll and shape

Spread the filling evenly on the tofu skin

Place tofu strips on top

Roll tightly and cut into segments (about 5–6 cm long)

4. Set the shape (optional)

Steam for about 5 minutes to help hold the shape

Or use directly in hot pot for a more traditional texture