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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

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

2: Buddhist Diet Health: Pea

3: Buddhist Diet Culinary: Vegetarian Pea Mixed Noodles

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 1). We will explore the Buddhist teaching on "Honor and position arise from the mind." In our daily lives, we often pursue wealth, status, and fame, hoping to attain happiness and blessings. Many people believe that these blessings come from external circumstances or some form of "good luck." However, the Buddha teaches us that blessings do not come from the outside, but from the behaviors and attitudes within our own hearts. The Buddha often said, "All things arise from the mind; both good and bad arise from the mind." This is not only a teaching on the cultivation of the mind, but also a profound revelation of the principle that "fortune arises from the mind."

We often think that blessings are given to us by external forces, but in fact, blessings are created by our own minds. The Buddha said, "The mind is the master of all actions; the mind leads the way." In other words, all external phenomena, including our wealth, status, and even our fate, are derived from our minds. Whether it is suffering or happiness, everything is closely related to our inner state. Our mind is like a field, where the seeds of kindness and wisdom grow into abundant blessings, while the seeds of greed, anger, and ignorance give rise to pain and suffering.

"Fortune arises from the mind" emphasizes the power of the mind. In the Diamond Sutra, the Buddha teaches, "If you see all forms as non-forms, then you see the Tathagata." This means that only through the cultivation of the mind can we transcend the illusions of external appearances and perceive the true blessings and wisdom. Therefore, our blessings do not come from external material possessions or the favor of others, but from the purity, compassion, and wisdom within our minds.

A disciple once asked the Buddha, "Master, how can I obtain blessings?" The Buddha replied, "Blessings are not determined by external circumstances; the origin of blessings lies in the purity and wisdom of your own mind." The disciple was puzzled by this answer, so the Buddha gave him an example to help him understand.

The Buddha said, "There are two people. One finds a gold coin by the river, while the other finds a gemstone in the same place. The first person, after finding the gold coin, is very happy and takes it home, enjoying the wealth it brings. The second person, upon finding the gemstone, understands that it is useless and decides to leave it by the river."

"Look," said the Buddha, "The value of the gold coin and the gemstone depends on the holder's mindset. The first person values money and, as a result, lives with anxiety and greed. Despite possessing wealth,

his mind is unsettled. The second person, however, does not seek material gain and sees the gemstone as a useless object. He has no desire or attachment, and his life is peaceful and content, with a heart full of happiness."

This story profoundly reflects the truth that "fortune arises from the mind." The blessings we receive are often not dependent on external things, but rather on our desires, attitudes, and wisdom. The Buddha reminds us that true blessings come from the purity and compassion of our hearts. Only by purifying our minds can we truly experience the fullness and tranquility of life.

In the Lotus Sutra, the Buddha teaches, "If you can subdue your mind, you need no other power." This teaching tells us that, while external circumstances may influence our lives, it is ultimately our attitude toward life and the cultivation of our inner state that determines our blessings. Blessings follow us like a shadow, and the effects of our thoughts, whether good or bad, will manifest accordingly.

There was a practitioner named Shariputra, who was deeply dedicated to his practice and filled with compassion and wisdom. One day, he asked the Buddha how he could accumulate more blessings. The Buddha told him, "Blessings are not given by external forces, but are determined by your mind." Shariputra understood this teaching, diligently practiced, and purified his mind. In the end, he became one of the Buddha's closest disciples and received immeasurable blessings.

Through Shariputra's story, we can see that true blessings do not come from external rewards but from the transformation of our mind. When we adjust our mindset through practice, letting go of greed and attachment, we will receive blessings.

Today's teaching helps us understand the profound meaning of "fortune arises from the mind." The blessings we receive are rooted in our attitudes and practice. Through practice, we purify our hearts and cultivate compassion and wisdom, enabling us to obtain true happiness and blessings. Let us, under the guidance of the Buddha's teachings, adjust our mindset, cultivate a pure, compassionate, and wise heart, and through this, obtain the blessings and peace that life has to offer.

2: Buddhist Diet Health: Pea

Peas are legumes — an excellent food in vegetarian and Buddhist diets due to their nutrient content. Here's what research and nutrition sources find:

Nutritional value

Rich in plant-based protein — supports muscle and tissue maintenance without animal products.

High in fiber — helps digestion and may improve gut health and bowel regularity.

Low glycemic index — helps stabilize blood sugar levels, beneficial for weight management and diabetes risk.

Micronutrients — vitamins C, B vitamins (like folate), vitamin K, potassium, magnesium, and iron contribute to immune function, bone health, and blood oxygen transport.

Potential health effects

Heart health: Fiber, potassium, and plant nutrients in peas support cardiovascular health.

Weight management: Protein + fiber increase satiety, helping with appetite control.

Digestive & gut health: Fiber fosters beneficial gut bacteria and regular bowel movements.

Antioxidant properties: Peas contain protective plant compounds which may help reduce chronic disease risk.

3: Buddhist Diet Culinary: Vegetarian Pea Mixed Noodles



Ingredients:

Mixed noodles (or whole wheat noodles) 200g

Frozen or fresh peas 100g

Carrot 1 (julienned)

Broccoli 100g (cut into small florets)

Ginger 1 small piece (minced, optional)

Olive oil / vegetable oil 1 tbsp

Soy sauce 1 tbsp

Sesame oil a little

Salt and black pepper to taste

Sesame seeds (for garnish, optional)

Steps:

1. Cook the noodles

Bring a pot of water to a boil, add a pinch of salt.

Add the noodles and cook until 80-90% done (follow package instructions).

Drain and rinse with cold water, set aside.

2. Blanch the vegetables

Blanch broccoli and carrot for 1-2 minutes to keep them crisp.

Peas can be blanched separately or together with the broccoli.

3. Stir-fry the vegetables

Heat oil in a pan, sauté the minced ginger until fragrant.

Add the blanched carrots, broccoli, and peas, and stir-fry evenly.

4. Season

Add soy sauce, salt, and black pepper.

Stir well so the vegetables are evenly coated with the seasoning.

5. Combine with noodles

Add the cooked noodles to the pan, stir-fry for 1-2 minutes so the noodles absorb the vegetable flavors.

Drizzle a little sesame oil before serving for extra aroma.

6. Serve

Plate the noodles and sprinkle with sesame seeds. Enjoy!