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Location: Double Saltree Meditation Center

Teacher: Hao Liu

Topics:

1: Dharma Talk: Virtue Arises from the Mind — Patience Is Not Weakness, but the Strength of the Mind

2: Buddhist Diet Health: Ginkgo Nuts

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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: Virtue Arises from the Mind — Patience Is Not Weakness, but the Strength of the Mind.

There is a lesson in life that almost everyone must face, and that is—being misunderstood, being criticized, being hurt, and being rejected.

Sometimes we do something good, yet no one understands us; sometimes we work hard, yet receive no recognition; sometimes we clearly have someone else's best interests at heart, only to end up being blamed instead.

At such times, what is most likely to arise in our minds? Anger and resentment.

In Buddhism, “anger” is regarded as one of the most serious afflictions.

Because greed may cause a person to want more and more, while anger can cause a person to lose all reason in an instant.

That is why Buddhist practitioners place great importance on “patience and forbearance.”

In the Diamond Sutra, there is a very important passage concerning one of the Buddha's previous lives, when he practiced as the Sage of Forbearance. The sutra tells us that in a previous life, the Buddha was the Sage of Forbearance and suffered harm at the hands of King Kali. In the face of tremendous humiliation and suffering, the Sage of Forbearance did not give rise to hatred or resentment. The significance of this story is not to tell us that we should do nothing when we are harmed, but to show us that the depth of genuine spiritual practice is not revealed in favorable circumstances; it is revealed in adversity.

When everything is going smoothly, it is easy for a person to be kind and gentle. When others treat us well, it is natural for us to treat them well in return. But when others attack us, reject us, or misunderstand us, can we still remain clear-minded? This is where our true practice is tested.

We can think of the mind as a cup of water. When it is calm, the surface of the water is clear and can reflect the sky. But if someone throws a stone into it, ripples immediately appear.

A criticism in daily life is like a stone. Another person's look, a single sentence, or a certain attitude can all cause our minds to become disturbed.

But the question is: the stone may have been thrown into the water by someone else, but who continues creating the ripples? Sometimes, it is we ourselves.

Someone says something to us, and we think about it for an entire day; someone insults us once, and we replay those words in our minds for ten days; something happens only once, yet we repeatedly relive it in our thoughts. In this way, what was originally a single moment of hurt is expanded by us into countless moments of suffering. Therefore, practicing patience does not mean forcing ourselves to feel nothing. Rather, it means learning this: the feeling arises, but we do not allow the feeling to control us. This is the awareness taught in Buddhism.

The Dhammapada says: "Hatred can never be appeased by hatred; only by not responding with hatred can hatred come to an end." This is the wisdom of patience and forbearance. Patience does not mean silently swallowing our anger or allowing others to mistreat us. True forbearance means: I have the ability to become angry, but I choose not to let anger determine my actions. I have the ability to fight back, but I choose to seek a wiser way to resolve the situation. I have been wronged, but I do not want that experience to turn me into someone who enjoys hurting others. This is virtue.

Why do we say that "virtue arises from the mind"? Because when faced with the same situation, different states of mind give rise to different actions. Someone says something that hurts us. An ordinary person may think, "You hurt me, so I must hurt you in return." A practitioner may have another thought: "Why am I suffering so much? What attachment within me has been touched?" And at a deeper level: "If I respond with harsh words, am I creating another harmful cause?" In this way, an event that could have produced two acts of harm comes to an end with us. This is spiritual practice.

During his teaching career, the Buddha also encountered slander. Becoming the Buddha did not mean that everyone in the world praised him. On the contrary, a person who truly seeks to benefit sentient beings will also encounter opposition, doubt, slander, and even malicious attacks. There is a traditional Buddhist story in which someone publicly slandered the Buddha. After listening, the Buddha did not immediately argue or defend himself. Instead, he calmly asked the person, "If someone gives you a gift and you do not accept it, who does the gift belong to?" The person replied, "Of course, it still belongs to the person who offered it." The Buddha then said, "If I do not accept your insults, then to whom do those insults belong?" The point of this story is not whether these exact words are recorded verbatim in a particular Buddhist scripture, but rather the Buddhist wisdom it expresses:

Others may place their hostility before us, but we do not have to accept it into our hearts. Someone gives you anger—you can choose not to accept it. Someone gives you jealousy—you can choose not to accept it. Someone gives you harsh and hurtful words—you can choose not to accept them. This is the freedom of the mind.

May we learn from the Buddha the wisdom of patience and forbearance. May patience become wisdom, wisdom become compassion, and compassion become our virtue.

Amitabha Buddha!

2: Buddhist Diet Health: Ginkgo Nuts

In temple vegetarian cuisine, Ginkgo Nuts are a traditional ingredient with unique cultural significance. Simple in appearance yet elegant in flavor, ginkgo nuts are commonly used in temple vegetarian dishes such as soups, porridges, and steamed preparations. They reflect the dietary philosophy of temple cuisine: “clean, pure, light, and refined.”

Ginkgo nuts are appreciated not only for their distinctive texture and delicate aroma but also for their traditional wellness value. They are often combined with other natural ingredients according to seasonal changes, following the principle of nourishing the body and maintaining balance between physical and mental well-being.

1. Supporting Lung Wellness — A Traditionally Moistening Food

In traditional Chinese dietary wellness practices, ginkgo nuts are often regarded as having qualities associated with moistening the lungs, soothing coughs, and supporting respiratory comfort.

Temple vegetarian cuisine emphasizes eating in harmony with the seasons, and the gentle, nourishing nature of ginkgo nuts is considered especially suitable for autumn wellness, when the weather becomes drier.

2. Astringent and Balancing Properties — Reflecting Traditional Nourishing Wisdom

Traditional wellness perspectives consider ginkgo nuts to have astringent and stabilizing qualities, making them a valued ingredient in dietary practices that focus on maintaining balance and supporting overall wellness.

This concept of balance aligns closely with the principles of temple cuisine, which emphasize moderation, harmony, and mindful eating.

3. Supporting Digestive Wellness and Vitality — Suitable for a Light Vegetarian Diet

Temple vegetarian cuisine places great importance on caring for the digestive system. It emphasizes foods that are gentle, easy to digest, and allow the natural flavors of ingredients to shine.

Ginkgo nuts are often appreciated as part of a balanced vegetarian diet, where simple ingredients are prepared with care to preserve their original qualities.

4. Nourishing the Mind and Spirit — The Quiet Beauty of Vegetarian Cuisine

Temple cuisine focuses not only on physical nourishment but also on inner peace and calmness.

Combined with vegetarian ingredients such as mushrooms, lotus seeds, and lily bulbs, ginkgo nuts represent a lifestyle that values:

Simplicity

Serenity

Natural balance

A refined and peaceful way of living

5. Antioxidant Properties and Modern Nutritional Value

From a modern nutritional perspective, ginkgo nuts contain:

Carbohydrates

Protein

Various vitamins and minerals

Plant-based active compounds

Some of these plant compounds have antioxidant properties, which may help protect cells from oxidative stress.

As part of a plant-based diet, moderate consumption of ginkgo nuts can enrich dietary variety and add nutritional depth to traditional vegetarian meals.

3: Buddhist Diet Culinary: Ginkgo Mushroom Vegetarian Fried Rice



Ingredients:

Cooked rice: 600 g (about 4 bowls)

Day-old rice is recommended because the grains are firmer and separate more easily.

Ginkgo nuts: 40–50 pieces (about 80 g)

Dried shiitake mushrooms: 6 pieces (or 150 g fresh shiitake mushrooms)

Vegetables

Carrot: ½ piece (about 80 g)

Green peas: 50 g

Corn kernels: 50 g

Celery a small amount (optional)

Minced ginger: 1 teaspoon

Seasonings

Vegetable oil: 2 tablespoons

Light soy sauce: 2 tablespoons

Salt: to taste

White pepper powder: a small amount

Sesame oil: 1 teaspoon

Preparation Steps

Prepare the Ginkgo Nuts

Remove the outer shells from the ginkgo nuts.

Remove the thin inner skin.

Remove the small green embryo in the center to reduce bitterness.

Boil the ginkgo nuts in water for about 8–10 minutes.

Drain and set aside.

Prepare the Shiitake Mushrooms

Soak dried shiitake mushrooms in warm water for about 30 minutes.

Rinse and squeeze out excess water.

Cut them into small cubes.

The mushroom soaking liquid can be filtered and used in small amounts during cooking to enhance the savory flavor.

Prepare the Rice

Loosen the cold cooked rice before cooking.

If the rice is too dry, mix in 1 teaspoon of mushroom soaking liquid.

Keep the rice grains separate and avoid making them too wet.

Steps:

1. Stir-Fry Mushrooms and Vegetables

Heat a wok or frying pan.

Add vegetable oil and sauté the minced ginger until fragrant.

Add the shiitake mushroom cubes and stir-fry for 2–3 minutes.

Add diced carrots, green peas, and corn, then continue cooking until tender.

2. Add the Ginkgo Nuts

Add the cooked ginkgo nuts.

Stir gently for about 1 minute.

Avoid stirring too vigorously to prevent the ginkgo nuts from breaking apart.

3. Add the Rice

Add the cooked rice.

Gently break apart the rice with a spatula.

Stir-fry over medium heat for 3–5 minutes until the rice absorbs the mushroom aroma evenly.

4. Season the Rice

Add:

Light soy sauce

Salt

White pepper powder

Stir well to combine.

Before turning off the heat, add:

1 teaspoon sesame oil

Garnish with chopped celery