

Weekly Talks by Teacher Jinhua Zhou

Date: January 2nd, 3rd

Part 1: Dharma talk: What is Cause and Effect?

Part 2: Buddhist Diet and Regimen: New Year, a New Start

Part 3. Weekly Buddhist Cuisine Menu: Tomato Beauty Pot

Date: January 9th, 10th

Part 1: Dharma talk: What is the Six Realm?

Part 2: Buddhist Diet and Regimen: Regimen during the Small Winter Time

Part 3. Weekly Buddhist Cuisine Menu: The Complete Yam Tonic Pot

Date: January 16th, 17th

Part 1: Dharma talk: What is the Three Dharma Seals?

Part 2: Buddhist Diet and Regimen: How to treat mouth ulcers?

Part 3. Weekly Buddhist Cuisine Menu: Refreshing vegetable Tofu Pot

Date: January 23rd, 24th

Part 1: Dharma talk: What is Impermanence and Egoless?

Part 2: Buddhist Diet and Regimen: Oranges are full of treasures

Part 3. Weekly Buddhist Cuisine Menu: Sesame oil and cabbage warming pot

Date: January 30th, 31st

Part 1: Dharma talk: What is the Five Aggregates?

Part 2: Buddhist Diet and Regimen: The best foods for winter

Part 3. Weekly Buddhist Cuisine Menu: Soymilk Vegetarian Meat Warming Pot

Date: February 6th, 7th

Part 1: Dharma talk: What is the Four Noble Truth?

Part 2: Buddhist Diet and Regimen: The meaning of the beginning of spring

Part 3. Weekly Buddhist Cuisine Menu: Sauteed vegetables with bamboo shoots

Date: February 13th, 14th

Part 1: Dharma talk: What is Dependent Origination?

Part 2: Buddhist Diet and Regimen: Spring seasonal vegetables

Part 3. Weekly Buddhist Cuisine Menu: Spicy Vegetarian Pot

Date: February 20th, 21st

Part 1: Dharma talk: What is Repentance?

Part 2: Buddhist Diet and Regimen: Health benefits of wolfberry

Part 3. Weekly Buddhist Cuisine Menu: Shredded Kale

Date: February 27th, 28th

Part 1: Dharma talk: What is Transference of Merit? How to Transfer Merit?

Part 2: Buddhist Diet and Regimen: The harm of sitting for a long time on the body and stand up for health

Part 3. Weekly Buddhist Cuisine Menu: Vegetarian Hot Pot with Tomato Stock

Date: March 6th, 7th

Part 1: Dharma talk: Four short stories teach you the big truth of life!

Part 2: Buddhist Diet and Regimen: Knowledge about vegetable oils

Part 3. Weekly Buddhist Cuisine Menu: Lettuce and Tomato Salad

Date: March 13th, 14th

Part 1: Dharma talk: Ten short stories of Zen

Part 2: Buddhist Diet and Regimen: Way to eat tomatoes

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Tofu Sheet with Chili

Date: March 20th, 21st

Part 1: Dharma talk: Six Proverbs from "Lao Tzu"

Part 2: Buddhist Diet and Regimen: How to treat Qi and blood weakness?

Part 3. Weekly Buddhist Cuisine Menu: Spleen Nourishing Healthy Soup

Date: March 27th, 28th

Part 1: Dharma talk: What Does the Diamond Sutra tell you?

Part 2: Buddhist Diet and Regimen: How to treat Qi and blood weakness?

Part 3. Weekly Buddhist Cuisine Menu: Spleen Nourishing Healthy Soup

Date: April 3rd, 4th

Part 1: Dharma talk: What is truly praising the Buddha?

Part 2: Buddhist Diet and Regimen: What diseases are prone to the spleen and stomach?

Part 3. Weekly Buddhist Cuisine Menu: Grilled Eggplant with Tomatoes

Date: April 10th, 11th

Part 1: Dharma talk: The Buddha's cultivation process

Part 2: Buddhist Diet and Regimen: Peas are good for health

Part 3. Weekly Buddhist Cuisine Menu: Diced pea

Date: April 17th, 18th

Part 1: Dharma talk: The Buddha's first turning the Dharma wheel

Part 2: Buddhist Diet and Regimen: Nourish the spleen and kidney with Tofu in spring time

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried mushroom with colored pepper

Date: April 24th, 25th

Part 1: Dharma talk: The Buddha refused to preach Dharma with supernatural power

Part 2: Buddhist Diet and Regimen: Nutritional fruit peel

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried two kinds of mushrooms

Date: May 1st, 2nd

Part 1: Dharma talk: The teaching and education that can achieve immeasurable blessings

Part 2: Buddhist Diet and Regimen: Six kinds of vegetarian food to get rid of spring fatigue

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Mushrooms with Broccoli

Date: May 8th, 9th

Part 1: Dharma talk: How to know who is a saint?

Part 2: Buddhist Diet and Regimen: Three Benefits of Amaranth

Part 3. Weekly Buddhist Cuisine Menu: Tofu and Mushroom Stuffed Green Peppers

Date: May 15th, 16th

Part 1: Dharma talk: The quiet and indifferent character of the saint

Part 2: Buddhist Diet and Regimen: The dangers and solutions of the five kinds of Qi

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Lettuce and Yam

Date: May 22nd, 23rd

Part 1: Dharma talk: How did the Buddha deal with abuse

Part 2: Buddhist Diet and Regimen: The blood and Qi nourishing Ginger jujube tea

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried King Oyster Mushrooms with Vegetarian Oyster Sauce

Date: May 29th, 30th

Part 1: Dharma talk: The Buddha far away from being terrified

Part 2: Buddhist Diet and Regimen: Illness rises from weak spleen

Part 3. Weekly Buddhist Cuisine Menu: Sweet and Sour Yam and Honey Sweetened Diced Potatoes

Date: June 5th, 6th

Part 1: Dharma talk: Praise of the Buddha not hearing the sound of thunder

Part 2: Buddhist Diet and Regimen: How to make Zongzi on Dragon Boat Festival

Part 3. Weekly Buddhist Cuisine Menu: Zongzi with dried grapes

Date: June 12th, 13th

Part 1: Dharma talk: The most sincere offering to the Buddha

Part 2: Buddhist Diet and Regimen: Essentials of summer regimen

Part 3. Weekly Buddhist Cuisine Menu: Stir-fired Tofu Skin Flammulina

Date: June 19th, 20th

Part 1: Dharma talk: "Master" after Buddha's extinction

Part 2: Buddhist Diet and Regimen: Five benefits of day lily

Part 3. Weekly Buddhist Cuisine Menu: Wolf tooth potato

Date: June 26th, 27th

Part 1: Dharma talk: Did Buddha Purdue All Beings?

Part 2: Buddhist Diet and Regimen: Round cabbage is blood cleaner

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Vermicelli with Cabbage

Date: July 3rd, 4th

Part 1: Dharma talk: Deep Origin

Part 2: Buddhist Diet and Regimen: High nutritional value of white lentils

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Cucumber, Golden Needle and Mushroom

Date: July 10th, 11th

Part 1: Dharma talk: Marksman's Revelation

Part 2: Buddhist Diet and Regimen: Why replenish Yang?

Part 3. Weekly Buddhist Cuisine Menu: Corn Pine Nuts

Date: July 17th, 18th

Part 1: Dharma talk: Law is the most noble, not blood

Part 2: Buddhist Diet and Regimen: Great health benefits of tanning

Part 3. Weekly Buddhist Cuisine Menu: Green bean sprout salad

Date: July 24th, 25th

Part 1: Dharma talk: Law is the most noble, not blood

Part 2: Buddhist Diet and Regimen: Great health benefits of tanning

Part 3. Weekly Buddhist Cuisine Menu: Green bean sprout salad

Date: July 31st, August 1st

Part 1: Dharma talk: The beauty of the climbing to the summit

Part 2: Buddhist Diet and Regimen: Ten things that hurt the stomach the most in summer

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Lamb Choy with Mushrooms

Date: August 7th, 8th

Part 1: Dharma talk: Plow a different kind of field

Part 2: Buddhist Diet and Regimen: Three benefits of eating ginger

Part 3. Weekly Buddhist Cuisine Menu: Red bean and barley soup

Date: August 14th, 15th

Part 1: Dharma talk: Good knowledge and diligence

Part 2: Buddhist Diet and Regimen: Corn is a treasure, and corn silk is a treasure among treasures.

Part 3. Weekly Buddhist Cuisine Menu: Shredded Potato with Point Peppers

Date: August 21st, 22nd

Part 1: Dharma talk: Mi Xia's Solitary Frustration

Part 2: Buddhist Diet and Regimen: Summer is the best time to say goodbye to Yang deficiency.

Part 3. Weekly Buddhist Cuisine Menu: Fried Rice with Mushroom

Date: August 28th, 29th

Part 1: Dharma talk: The poor rich man Mahanan

Part 2: Buddhist Diet and Regimen: Nutritional value of loofah

Part 3. Weekly Buddhist Cuisine Menu: Roasted Tofu with Loofah

Date: September 4th, 5th

Part 1: Dharma talk: The giving of golden robes

Part 2: Buddhist Diet and Regimen: If the meridians are blocked, which meridian should be adjusted first?

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Cabbage

Date: September 11th, 12th

Part 1: Dharma talk: Blessing is never too much for liberation

Part 2: Buddhist Diet and Regimen: The secrets of regimen

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Purslane

Date: September 18th, 19th

Part 1: Dharma talk: There is never enough for Human's mind

Part 2: Buddhist Diet and Regimen: Keep in mind the "three that do not eat, the four that do not do, and the five that go together", and you will be less sick in autumn and winter!

Part 3. Weekly Buddhist Cuisine Menu: Vegetarian Assorted Miso Soup

Date: September 26th, 27th

Part 1: Dharma talk: Where does suffering come from?

Part 2: Buddhist Diet and Regimen: Health benefits of black wood ear fungus

Part 3. Weekly Buddhist Cuisine Menu: Stir-fry Tofu and Asparagus

Date: October 2nd, 3rd

Part 1: Dharma talk: Where there is love, there is suffering.

Part 2: Buddhist Diet and Regimen: For Astragalus soaked water, pay attention to the "four" that not drink and the "five" that are recommended to drink.

Part 3. Weekly Buddhist Cuisine Menu: Stir-fry dried Tofu and three kinds of shreds

Date: October 9th, 10th

Part 1: Dharma talk: King Wentu's Wife Bereavement

Part 2: Buddhist Diet and Regimen: In autumn, you need to nourish the spleen and eat more of 6 kinds of yellow foods.

Part 3. Weekly Buddhist Cuisine Menu: Longan Walnut Tremella Soup

Date: October 16th, 17th

Part 1: Dharma talk: Like being shot with two poisoned arrows in a row

Part 2: Buddhist Diet and Regimen: How to eat healthy dinner

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Mushrooms with Vegetables

Date: October 23rd, 24th

Part 1: Dharma talk: When the Buddha suffered from wind and cold

Part 2: Buddhist Diet and Regimen: Medicinal value of peppercorn

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Mushu Vegetarian Meat

Date: October 30th, 31st

Part 1: Dharma talk: Bitter body, but not the heart

Part 2: Buddhist Diet and Regimen: Cold-relief diet

Part 3. Weekly Buddhist Cuisine Menu: Cowpea Roasted Eggplant

Date: November 6th, 7th

Part 1: Dharma talk: Between the black cow and the white cow

Part 2: Buddhist Diet and Regimen: What is the poison of the five internal organs?

Part 3. Weekly Buddhist Cuisine Menu: Curry Winter Melon

Date: November 13th, 14th

Part 1: Dharma talk: Between the black cow and the white cow

Part 2: Buddhist Diet and Regimen: What is the poison of the five internal organs?

Part 3. Weekly Buddhist Cuisine Menu: Curry Winter Melon

Date: November 20th, 21st

Part 1: Dharma talk: Cut off desire with desire

Part 2: Buddhist Diet and Regimen: The benefits of abdominal breathing

Part 3. Weekly Buddhist Cuisine Menu: Tofu and Mushroom Stuffed Green Peppers

Date: November 27th, 28th

Part 1: Dharma talk: Even Dharma should be abandoned, let alone sensual pleasures

Part 2: Buddhist Diet and Regimen: The most nourishing food for the five internal organs

Part 3. Weekly Buddhist Cuisine Menu: Roasted Cowpea with Sauce

Date: Dec. 4th, 5th

Part 1: Dharma talk: King Utana's praise

Part 2: Buddhist Diet and Regimen: Eight Magical Uses of Taixi Acupoint

Part 3. Weekly Buddhist Cuisine Menu: Pumpkin Tofu

Date: Dec. 11th, 12th

Part 1: Dharma talk: Empathy - The Way of Self-Understanding

Part 2: Buddhist Diet and Regimen: An excellent choice for health and nourishment of red dates

Part 3. Weekly Buddhist Cuisine Menu: Stir-Fried lotus root

Date: Dec. 18th, 19th

Part 1: Dharma talk: The Doubts of the Upasians

Part 2: Buddhist Diet and Regimen: Ways to strengthen the spleen

Part 3. Weekly Buddhist Cuisine Menu: Shredded Lentils with Point Peppers

Date: Dec. 25th, 26th

Part 1: Dharma talk: The roots of Buddhism

Part 2: Buddhist Diet and Regimen: Differences between six common types of rice

Part 3. Weekly Buddhist Cuisine Menu: Mushroom Spinach Soup