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Titles:

Part 1: Dharma talk: The Road to Death of the Eagle and the Monkey

Part 2: Buddhist Diet and Regimen: Winter is the golden period of nourishing lungs

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Main content:

Part 1: Dharma talk: The Road to Death of the Eagle and the Monkey

The Buddha once told two stories as analogies to teach the bhikkhus that they should be skilled in the Four Foundations of Mindfulness practice as if they knew their hometowns.

The Buddha said:

"Once upon a time, a quail was caught by a large eagle, and as the eagle rose high into the air, the quail regretted sadly under the eagle's claws, saying:

"I only have myself to blame for negligence. It was my negligence that I unconsciously left the environment where I grew up so that I was caught in a strange environment. If I didn't fly and leave my familiar environment, even the large eagle could do nothing to me."

Hearing this, the big eagle was unconvinced and asked:

"Quail! What is your familiar environment?"

"In the ridge of the field where no one can catch me."

The eagle said arrogantly:

"Quail! Even if I let you go back to the ridge, I still can catch you!"

Then the eagle set the quail free and prepared to catch it again so that it would die with conviction.

When the quail returned to the ridge of the field, he found a large piece of clod where it could hide. Standing on the lug, the quail squared its chest to the eagle and said provocatively:

"Come on! Come and catch me!"

The eagle, seeing the quail's provocation, said angrily:

"How dare you fight with me, you little thing?" So the eagle, in a rage, gathered both wings and swooped down from the air like an arrow and pounced on the quail. The quail timed it right and hid under the clod. The eagle had no time to react, so it crashed headlong into the clod and died."

On another occasion, the Buddha used the metaphor of monkeys being captured, and the Buddha said:

"Bhikkhus! There are some steep terrains in the deep snowy mountains that even monkeys cannot get there, let alone human beings. There are some places that only monkeys can reach, and human beings cannot approach. There are some relatively flat places that human beings can reach, and monkeys also often get there. Monkey hunters just choose places like these to find out the paths where monkeys used to and set a strong glue trap to catch monkeys.

Some clever monkeys can recognize the glue trap and keep it far away, and some stupid or short-tempered monkeys curiously touch the sticky glue with their hands. As a result, their

hands get clinging to the strong glue. With anxiety, they use their other hands to help get out of the trap, and the hands also are glued down. Then they use their feet to help, one by one. As a result, all four limbs are stuck, leaving only their mouths can still move. The unwary monkeys also want to use their mouths to help; when they lean on, their mouths are glued. In the end, they could only struggle and groan and be slaughtered by monkey catchers."

After telling the parable, the Buddha then said:

"Bhikkhus! These will happen when you go to a place you are not familiar with.

Bhikkhus! If you often approach an inappropriate state, you will easily allow the devil to take advantage of them.

What is the inappropriate state? That is the five desires: when the eyes see, the ears hear, the nose smells, the tongue tastes, the body touches, and the mind thinks and feels lovely, joyful, and clinging. It is an inappropriate and dangerous state.

Bhikkhus! What is the familiar and safe state to stay in? It is the Four Foundations of Mindfulness: to be aware of the body as the object of awareness; to be aware of the feelings, the mind, and the dharma of mind as the object of awareness; to regulate the greed and sorrow of the world with a passionate attitude, clear awareness, and clear thoughts."

Part 2: Buddhist Diet and Regimen: Winter is the golden period of nourishing lungs

Now is the golden period of nourishing lungs. Learn these tips to help you keep healthy in winter.

To say which part of the winter are the most vulnerable, it must be the lungs. The lungs are our body's first line of defence, they protect other organs. Now, it's the golden opportunity to nourish our lungs.

1. Without nourishing lungs, people may never be free from diseases in winter.

Nourishing lungs is not just a matter for middle-aged and older people but also all people regardless of age and sex. All the people should take good care of their lungs.

(1) Women who don't nourish their lungs may get old quickly.

The lungs are where gases are exchanged in the body, just like a central air conditioner, but unlike an air conditioner, the filters can often be cleaned or replaced. Lungs may not be cleaned or replaced throughout our lives.

Lungs are not only respiratory organs but also repair the damaged bone marrow. They have a hematopoietic function and can make large amounts of platelets in the lungs. More than half of the platelets in our bodies are produced in the lungs...

Therefore, nourishing lungs should go before nourishing the skin for women who love beauty.

(2) Men who do not nourish their lungs have a high probability of having cancer.

Men often have the habit of smoking, which is very harmful to the lungs. The proportion of lung cancer caused by smoking is quite high every year. In addition, according to the theory of the Five Elements of Traditional Chinese medicine, the lungs are gold, and the kidneys are water, so nourishing the lungs can also have an effect on nourishing kidneys. Kidneys contain vital essence, and people who have strong kidneys will be particularly energetic.

(3) The elderly who do not nourish their lungs should be aware that they may never be free from pain and disease.

The elderly often feel short of breath and weak because of the lack of Lung Qi, especially those who suffer from senile chronic bronchitis and asthma. They feel even more distressed about this.

"Lung controls breathing", it is the most critical job of the lung, which connects to the nose and mouth so that air can enter the lung directly.

If Lung Qi is injured, the breathing gas will have abnormal changes, resulting in coughing, asthma and other respiratory symptoms, leading to bronchitis, pneumonia, lung cancer and other diseases.

(4) Children who do not nourish their lungs may often get a cough in autumn and winter.

In autumn and winter, children are particularly prone to get a cold and cough because their lungs are not strong, and autumn is the best time to nourish the lungs. At this time, if their lungs are not well nourished, it is equal to masking underlying health problems. Children will get a cough easily.

2. Five "the most" ways of nourishing lungs in winter.

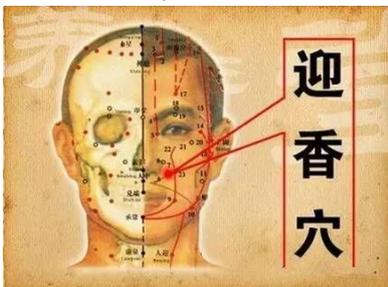
(1) The simplest way of nourishing lungs: a cup of hot water

(2) The most effective way of nourishing lungs: cough actively

(3) The oldest way of nourishing lungs: breathing exercises

(4) The cheapest way of nourishing lungs: laugh often

(5) The most comfortable way of nourishing lungs: press Ying Xiang acupoint and Feishu acupoint.



3. Dietetic therapy for lungs, the most nourishing food.

Nourishing lungs cannot do without eating. Remember to eat the most nourishing food and comply with the most nourishing dietetic therapy.

(1) Yam

Yam is one of the best foods for nourishing the lungs. We can eat it at the usual time. The best way to eat it is to make yam congee or simply stir-fry it.

(2) Pear

Everyone knows that pear juice can be used to clear and nourish the lungs. So, pears are good for the lungs because they're watery and easy to digest.

The best way to eat it is to add some rock sugar with pear to make pear soup. Eat pear flesh and drink the soup.

(3) Lily bulb

Lily bulb is white food, and lungs are suitable for having white food. So, lily bulbs are good for nourishing the lungs. The best way to eat it is still stir-fry. Without too much seasoning, a light taste is OK.

(4) Snow fungus

Snow fungus is also one of the foods recommended by Chinese medicine physicians to nourish the lungs. The best way of eating fungi is to beat it into soup, and it's better to add some red dates and goji so that the snow fungi will have a more remarkable effect. Remember to add some sugar.

(5) White radish

Radish can promote the flow of Qi, and the lungs need to transfer air. So, eating radish often can make us fart and benefit the function of the lungs to promote air circulation. Therefore, eating radish can also clear the lungs.

(6) Pomegranate

It has the effect of producing saliva and slaking thirst. People with insufficient saliva or dry mouth or throat can use pomegranate to make juice or soup to clear away heat, detoxify, and nourish the lung arrest cough.

(7) Sugar cane

Sugarcane juice is natural and sweet, good for fever, producing saliva, moistening dryness and nourishing. It can help the spleen regulate Qi, stop coughing, remove phlegm, and treat choking cough. It is also known as "natural rejuvenation soup".

It can be used to treat dry mouth, insufficient saliva, dry stool, high fever and thirst, etc.

(8) Persimmon

It has the effect of moistening the lung and relieving cough, clearing heat, producing fluid, and reducing phlegm. Eating fresh persimmon benefits phthisis cough, deficiency-heat and pulmonary fistula, cough and sputum, consumptive and haemoptysis and so on.

Red, soft and ripe persimmon can treat fever dysphoria, dry mouth and lips inflammation, dryness-heat and other diseases.

Part 3. Weekly Buddhist Cuisine Menu: Stir-fry Eggplant



Ingredients:

eggplant, ginger, Pixian bean paste
sugar, vinegar, salt, soy sauce, starch

Steps:

1. Peel and roll-cut eggplant into chunks. Add a little oil to a wok and add the eggplant chunks to the wok. Stir-fry continuously until the eggplant chunks darken and become smaller, then take them out from the wok.
2. Mix seasonings and mix 1/2 bowl of water with starch to make a sauce.
3. Pour a little oil into the wok and add chopped ginger to stir fry. Add the bean paste and stir fry it until fragrant. Add the cooked eggplant into the wok and mix. Fry a little bit, then add the sauce from step 2 and stir fry until the sauce thickens.