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Topics:

**Part 1: Dharma talk: Inspiration from stunts on bamboo poles**

**Part 2: Buddhist Diet and Regimen: Misunderstanding of nourishing the stomach**

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Main content:

**Part 1: Dharma talk: Inspiration from stunts on bamboo poles**

On one occasion, the Buddha told the bhikkhus:

"Once upon a time, there was a teacher and his apprentice. They could perform stunts on a bamboo pole. The teacher could have a long bamboo pole on his shoulder, and the apprentice could act on the bamboo pole.

Before a performance, the teacher said to the apprentice:

"When you are performing on the bamboo pole, you should always look down to pay attention to me and protect me, and I will also pay attention to you and protect you at all times. In this way, we will keep an eye on each other and protect each other. With mutual support, our performance will be foolproof to make a lot of money."

However, the apprentice said to the teacher:

"Teacher, this is not right! Teacher! You should concentrate on yourself and do what you should do, and I should also concentrate on myself and do what I should do. We both do our actions to perfect our performance, and the audiences will give us more money; I can also safely finish the performance and get down. So that makes sense."

Hearing this, the teacher thought it was also reasonable and said to the apprentice:

"I agree with you that we should each protect ourselves, but that's what I mean. Because if we protect ourselves, we won't interfere with others, which is the same as protecting others. If others can protect themselves, they won't interfere with me, which is the same as protecting me."

So, bhikkhus! Practice the Four Foundations of Mindfulness with the mind of "self-protection" as the apprentice said, and practice with the Four Foundations of Mindfulness with the sense of "protecting others". Bhikkhus, who protects himself can defend himself, and he who protects him must defend himself.

Bhikkhus! What is the way of protecting oneself and then protect others? That is to cultivate hard and cultivate a lot to put into practice so that when one has cultivated well, one will not harm others. This is self-protection and can protect him.

Bhikkhus! What is the way of practicing self-preservation for the sake of protecting others? That is to practice self-protection to protect others by tolerating others' insults, not harming others, loving others, and showing compassion to others. So that, practice self-preservation for the sake of protecting others

Bhikkhus! To protect oneself, one should cultivate the Four Foundations of mindfulness, and for the sake of self-preservation, one should also cultivate the Four Foundations of mindfulness. For the sake of self-preservation, one can protect others; for the sake of protecting others, one can protect oneself."

## **Part 2: Buddhist Diet and Regimen: Misunderstanding of nourishing the stomach**

### Misconceptions of nourishing stomach

One who has a weak stomach shouldn't eat too many "three fruits" and should drink more "three kinds of tea". Pay attention to the following misconceptions about stomach nourishment.

I know many people have weak stomachs, and they are often easy to experience stomach discomfort. Stomach diseases have become health problems for many people.

The stomach diseases are called epigastric pain in Traditional Chinese medicine. Traditional Chinese medicine is based on syndrome differentiation and treatment. The epigastric pain can be liver Qi depression, Qi stagnation and blood stasis, dampness and heat resistance, liver and stomach Yin deficiency, spleen and stomach deficiency-cold.

Most stomach diseases are caused by bad habits.

1. Not eating breakfasts, gastric acid will directly damage the gastric mucosa, which in turn will cause damage to the stomach.
2. Eating, talking and playing on mobile phones simultaneously will lead to swallowing too much gas, which easily induces indigestion.
3. Like strong taste food, such as spicy hotchpotch, hot pot, tasty Sichuan cuisine, barbecue, etc., will aggravate the former stomach diseases.
4. The stomach likes warm temperatures and is afraid of cold. Overeating cold food will damage the health of the stomach.
5. Having greasy lunches can cause the food to stay in the stomach for too long, increasing the pressure on the stomach.
6. Eating dinners too late will leave the stomach and intestines without rest. Once the gastric mucosa cannot be repaired in time, it may increase the risk of stomach cancer over time.
7. Eating fast or gobbling will let the rough food without sufficient chewing directly wear the gastric mucosa, so that increase the burden on the stomach and make the gastric power decrease.
8. For People who often drink alcohol, the gastric mucosa is easily injured by alcohol, resulting in inflammation, erosion, ulcers or bleeding.
9. Regular smoking will reduce the blood supply of gastric mucosa and easily cause bile reflux into the stomach, which is very harmful to the stomach.

People who have weak stomachs should eat fewer "three fruits".

### Persimmon

Persimmon contains a certain amount of tannin, and persimmon skin maintains a higher amount of that. Eating persimmon, the mouth can feel astringent and tongue numbness, which is the cause of tannin convergence. Tannin has a strong astringent effect, and it is easy to combine with gastric acid in the stomach to thicken into blocks and form stomach stones.

### Kiwifruit

Kiwifruit, cold in nature, can damage the Yang energy of the spleen and stomach when consumed in excess and cause symptoms such as abdominal pain and diarrhea.

## Fresh jujube

Overeating fresh jujubes will hurt the stomach and intestines. Fresh jujube skins are thin and tough, and skin edges are very sharp. If the stomach mucosa happens to be inflamed or ulcerated, eating fresh jujubes will aggravate the pain and discomfort.

People have weak stomachs should drink more "three types of tea".

In terms of regulating stomach diseases, tea therapy has its unique advantages. People have weak stomachs can have some tea drink to help their stomach health.

Dandelion buckwheat tea: nourishing the stomach, eliminating accumulation, and reducing epigastric pain.

Use the "medicine food" dandelion and black buckwheat to make tea, which is good for nourishing and warming the stomach.

Dandelion, both medicine and food, the whole plant can be used as medicine. If it goes into the stomach meridian, it will have a good effect on the stomach. It can clear the stomach heat, gastritis, stomach pain, and helicobacter pylori, and it also has an inhibitory effect.

Black buckwheat can eliminate accumulation, benefit Qi and strength, ascend Qi and relieve anxieties and nourish the stomach.

Black tea: nourishing the stomach

Black tea, mild in nature, has effects of mid-energizer warming and cold-dispersing, phlegm digestion and appetizing. It can protect the stomach.

Barley tea: promoting digestion

Barley belongs to the coarse grains. Making tea with it can improve gastrointestinal function and promote digestion.

People who have weak stomachs should often do three things:

- 1: Insist on having a nutritious breakfast.
- 2: Do a certain amount of exercise.
- 3: Have three meals on time, and do not overeat.

Stomach nourishment misconceptions:

Misconception 1: drink millet congee if the stomach is weak.

Indeed, the millet porridge is very light and looks easy to digest. However, having a large amount of millet porridge is inappropriate for people who suffer from the following types of digestive diseases. Not only there will be discomfort after eating, and it even causes aggravation.

- (1). Patients usually have acid reflux, heartburn, abdominal distention, early satiety and other indigestion symptoms.
- (2). Patients suffer from gastroesophageal reflux disease.
- (3). Patients with diabetes.

Misconception 2: eat fruits after meals to promote digestion.

Eating fruits right after a meal, fruit stasis in the stomach will adversely affect the digestive tract.

Not everyone is suitable for eating fruits. For instance, people may get excessive gastric acid secretion. People who do not exercise after meals for a long time may have many esophageal mucosa injuries caused by upwelling, such as esophageal gastric juice or lesions, heartburn, chest tightness, reflux, throat blockage, etc. Further development may also include severe chest pain, which large amounts of fruits can aggravate.

Misconception 3: one cannot sleep, so drink a glass of milk.

It has become a habit for many people to have a cup of hot milk before going to bed to help them sleep. Indeed, warm milk can help them sleep, but it cannot be done for some sufferers of stomach discomfort, especially gastroesophageal reflux.

Mainly because the protein, fat and sugar in milk will cause gastric acid secretion so that the stomach cannot rest. For a long time, in the state of fasting at night may cause damage to the stomach and aggravate the symptoms of reflux.

Misconception 4: drink too much alcohol, then make and drink a pot of green tea.

Green tea is cold in nature, while the stomach likes warm so that the cold will hurt the stomach.

Additionally, green tea has a relatively high amount of caffeine. If it is mixed with alcohol, the interaction between the two will stimulate the gastric mucosa. It will not achieve the goal of dispelling the effects of alcohol but instead cause a variety of stomach problems.

Misconception 5: eat full and leave a little space to drink some soup.

Drinking soup after the meal will dilute the food digested and mixed well by digestive fluid. It will affect the digestion and absorption of food.

### **Part 3. Weekly Buddhist Cuisine Menu: Jade tree hanging money**



#### **Ingredients:**

Mini shiitake mushroom, choy sum, ginger, sugar, white pepper, salad oil, light soy sauce, dark soy sauce, starch, carrot, green capsicum

#### **Steps:**

1. Soak the mini shiitake mushrooms in water for 2 hours in advance, then blanch for 5 minutes;

2. Boil a pot of water, add a pinch of salt and a tablespoon of salad oil, then put the choy sum into the pot and boil for 2 minutes.
3. Heat the wok and cool the oil. Put sliced ginger into the wok and stir fry them until fragrant. Change to low heat, add some salt, a small pinch of sugar, and white pepper.
4. Put the choy sum into the wok and stir-fry.
5. Add some oil to the wok, and then add the mushrooms to stir-fry until the mushrooms fold.
6. Add 2 tablespoons of soy sauce and half a tablespoon of soy sauce. Stir-fry the soup until it thickens, and the mushrooms are covered with juice. Add 1 tablespoon of sugar and stir well.
7. Add diced carrots and green capsicum and stir fry. Thicken the sauce with a mixture of starch and water.