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Topics:

**Part 1: Dharma talk: Just like taming a cow**

**Part 2: Buddhist Diet and Regimen: How to clean up waste in the body**

**Part 3. Weekly Buddhist Cuisine Menu: Boiled Cabbage with Chestnuts**

Main content:

**Part 1: Dharma talk: Just like taming a cow**

The Buddha once told the monks in the Ghoshitaram monastery, southeast of Kosambi:

"In whatever monk or nun there arises desire, passion, aversion, delusion, or mental resistance with regard to forms cognizable via the eye ...sounds cognizable via the ear... aromas cognizable via the nose... flavours cognizable via the tongue... tactile sensations cognizable via the body... ideas cognizable via the intellect, he/she should tame the mind. By how? Think about it like this: it's dangerous and dubious, that path, thorny and overgrown, a miserable path, a devious path, impenetrable. It's a path followed by evil people, not a path followed by virtuous people.

"Monks! Suppose that crops had ripened, and the watchman was heedless. An ox invaded the paddy field to eat the crops. In this way, the crops about to be harvested would be wasted.

Now suppose that crops had ripened, and the watchman was heedful. The crop-eating ox would invade the field to eat the crops, but then the watchman would grab it firmly by the muzzle and give it a sound thrashing, and then he would let it go. A second time... A third time, the crop-eating ox would invade the crops to eat the crops, but then the watchman would grab it firmly by the muzzle and give it a sound thrashing. After a long time, the crop-eating ox wouldn't get close to the paddy field again, much less invade the field and ruin the crops.

Monks! Taming the mind is just like taming that crop-ox. You must keep alert and guard it every time. You must tell yourself repeatedly that it is an evil path full of terror, thorns, obstacles, and dangers, so you must keep it away and tame your mind in this way. When your mind is tamed, thoroughly tamed, from the six media of sensory contact, your mind settles inwardly, grows steady, unified, and concentrated.

"Again, monks! Suppose there were a king or king's ministers who had never heard the sound of a lute before. When the king heard the lute sound for the first time, he was fascinated by the beautiful sound and asked his ministers:

'What is that delightful sound?'

'That, sire, is called a lute, whose sound is so delightful.'

Then he would say, 'Go and fetch me that lute.'

His minister fetched the lute and said: 'Here, sire, is the lute whose sound is so delightful.'

He would say, 'Why should I need the lute. Fetch me just the sound.'

'This lute, sire, is made of numerous components, a great many components. It's through the activity of numerous components that it sounds: that is, in dependence on the body, the skin, the neck, the frame, the strings, the bridge, and the appropriate human effort. Thus, it

is that this lute—made of numerous components, a great many components—sounds through the activity of numerous components.'

'Such a hypocrisy and unusefulness thing, how could it deceive everyone, why keep it, take it out and split it!'

The minister followed the order and split the lute into hundred pieces.

In the same way, a monk has the ability to investigate different levels of form, feeling, perception, fabrications, and consciousness. He knows that all of these arise from causes and conditions. They are conditioned and impermanent; any thoughts of 'me' or 'mine' or 'I am' do not occur to him anymore.'

Monks, do contemplation like this!"

## **Part 2: Buddhist Diet and Regimen: How to clean up waste in the body**

How to clean up the garbage inside your body

All diseases start from "accumulation"! Remove the five kinds of "garbage" in the human body like this!

You know what? The five organs of the human body are afraid of "accumulation". Just as the daily garbage needs to be cleaned up regularly, the human body also needs to clear up the garbage in time.

As the saying goes, "accumulation is the source of all diseases." Once the body has too much garbage, it is easy to cause multi-system diseases.

Today, let's take a look at how to remove the garbage in the body once.

Check diseases by observing faces.

The health of the five organs is shown on the faces. Do you know how to check the health by looking at the faces? Let's see.

### 1. The heart is hidden between the eyes

If there is too much red between the eyes, it may imply that the heart fire is too strong, easily leading to heart trouble, insomnia, even nervous disorders, and other health problems.

If there is a greenish-purple color between the eyes, it means that the person has blood stasis problems, which may be a symptom due to coronary heart disease.

### 2. Check lung diseases by observing the space between the eyebrows

This place is also called Yintang. If it is black, it means there is a serious and incurable disease. Its best state is white and red. Particularly red is not good, which means there is lung heat. Too white is Qi deficiency or blood deficiency.

### 3. Check liver diseases by observing the bridge of the nose

If the highest point of the nose bridge is red, it may suggest that the liver fire is too strong. Mainly manifested as irritability, red eyes and increased menstruation. If it appears greenish-black, it may be a sign of liver cirrhosis or liver cancer.

### 4. Check splenic diseases by observing the nose

If the nose is red, it may be a sign of heat in the spleen and stomach, mainly manifested by overeating. If the nose is white, it may be Qi deficiency. If it is cyan, it means Qi stagnation and blood stasis, often manifested by abdominal pain.

### 5. Check kidney diseases by observing the cheeks

Unlike our conventional understandings, if the cheeks are as delicate as the blush, it means

that there is a serious disease. The usual sign of health is that the cheeks are pale grey color.

Common "accumulated diseases."

Here is a "garbage clean-up manual" of a collection of five common diseases.

#### 1. Gas accumulation hurts the liver and lungs

Clean-up measures

(1). Exercise is the best medicine: outdoor exercise is a good way to balance the rise and fall of Qi, soothe the liver and reduce the fire. Recommend doing jogging, mountain climbing, walking, Tai Chi, etc.

(2). Replenish an appropriate amount of food that can promote the circulation of Qi, such as mandarin, radish, and so on.

(3). Drink herbal tea reasonably: drink rose, jasmine or mint tea, which can soothe the liver and regulate the Qi.

#### 2. Liquid accumulation hurts the kidney

Clean-up measures

(1). Supplement high potassium and diuretic food: winter melon, barley, celery, mulberry, etc.

(2). Medicated diet can eliminate edema: japonica rice can benefit the spleen and stomach. Cook and eat porridge every morning to relieve mild edema of eyelids and four limbs caused by exertion.

(3). Seek medical advice in time if you suffer edema for the long term: diseases such as function declines in the liver, heart, and thyroid may also cause edema. In case of severe, long-term edema, it is recommended to seek medical advice in time.

#### 3. Blood accumulation hurts blood vessels

Clean-up measures

(1). Eat more food that can promote blood circulation and arteries: black rice, eggplant, kumquat, walnut, grapefruit and so on are recommended. Cold drinks or cold foods in nature are not recommended.

(2). Avoid strenuous exercise: people with a blood stasis physique should not do too energetic exercise; walking, dancing, yoga, Qigong Ba Duan Jin and so on can be chosen.

(3). Drink hawthorn with brown sugar water: Hawthorn helps Qi flow and disperse stasis. Brown sugar benefits Qi and blood. The combination of the two is very beneficial to people with a blood stasis physique.

#### 4. Food accumulation hurts the spleen and stomach

Clean-up measures

(1). Improving spleen deficiency is fundamental: accumulation of food is the "symptom", and the real problem is often "spleen deficiency". Usually, you can add some spleen-healthy food, such as yam, chestnuts, millet, red dates, etc. Eat less cold food in nature and avoid getting cold.

(2). Try food therapy: while reducing food intake, appropriately take some food therapy, such

as fried sugar hawthorn, white radish porridge and so on. These are easy to digest and has the effect of regulating Qi and strengthening the stomach and spleen.

## 5, Phlegm diseases

### Clean-up measures

(1). Eat some food to reduce phlegm and dampness: Luo Han Guo and pear flesh soup can benefit the lungs and reduce phlegm. Tangerine skin and poria cocos can be used to make porridge for strengthening the spleen and reducing phlegm. Agastache rugosus and eupatorium fortune can be used to make tea for regulating Qi and reducing phlegm. Ramulus cinnamomic, atractylodes and poria cocos can be used to make cream formula for reducing phlegm mildly.

(2). Avoid external humidity in the body: keep away from the humid environment, and do not wear clothes that are not dry enough. Blow-dry hair in time after washing.

(3). Prevention rather than treatment: keep a good mood, have meals and rest regularly, and do reasonable exercise. Thus, phlegm is not easy to gather in the body.

## Part 3. Weekly Buddhist Cuisine Menu: Boiled Cabbage with Chestnuts



### Ingredients:

150 grams of chestnuts, half cabbage, ginger, vegetarian stock, salt, white pepper, 1 teaspoon of tea oil

### Steps:

1. Wash and cut the cabbage and chop the chestnuts into small pieces. Peel and slice the ginger.
2. Heat a wok with oil and add ginger until fragrant.
3. Add vegetarian stock and a dash of white pepper.
4. Add chestnuts and cook for about 10 minutes.
5. Add the cabbage and cook.
6. Add some salt and serve.