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Topics:

**Part 1: Dharma talk: Origination of Anapanasati Method**

**Part 2: Buddhist Diet and Regimen: Uses of Guanyuan Acupoint**

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Main content:

**Part 1: Dharma talk: Origination of Anapanasati Method**

On one occasion, the Buddha came to Vesali city of Vajji and lived in the forest of Saroli, close to a village of the Vajji clan, by a river called Bhagiuma.

At that time, The Buddha taught the bhikkhus the concept of uncleanness and encouraged them to cultivate it, saying that the cultivation of uncleanness would bring great achievements and benefits.

After teaching this, the Buddha spent half a month in seclusion. The Buddha did not want anyone to come to his dwelling except for a guardian who took care of his food and drinks. Everyone followed the Buddha's instructions and didn't disturb the Buddha.

During this period, bhikkhus diligently practised the uncleanness so that many of them became disgusted with their own bodies. Some of them even committed suicide by sword, poison, hanging or jumping from cliffs, or asking other bhikkhus to end their lives for them. There was a bhikkhu who hated his body and asked a layman named Lulin to kill him in exchange for his clothes.

After killing the bhikkhu, Lulin went to the bank of the Bhagiuma River to wash his knife. While washing, he thought, "I just killed someone for the sake of this small benefit?" He could not help but feel regretful.

At this time, there were demonic celestial beings in the sky who knew what Lulin was thinking and encouraged him, saying:

"Good! Good! Great sage! By doing so, you will receive immeasurable merit, for you have helped a virtuous disciple of Sakyamuni to attain nirvana before he attains it, and you will also receive his accompanying clothes."

Hearing such praise and encouragement, Lulin really believed that what he had done was worthy of great merit. Therefore, armed with a knife, he went to the dwellings, caṅkramaṇa, meditation rooms, etc., and took the initial attack. When he saw a bhikkhu and asked if any virtuous bhikkhus had not yet attained liberation from nirvana and needed his service, at this time, some bhikkhus who were disgusted with their bodies came out and asked the Lulin laymen to kill them. As a result, a total of sixty bhikkhus died in half a month.

Half a month later, the Buddha finished his retreat meditation and came out to preside over the monthly fasting on the 15th day of the month. At the fasting meeting, the Buddha noticed that the number of bhikkhus attending the fasting had decreased a lot, so he asked venerable Ananda about it. Then venerable Ananda reported to the Buddha what had happened and begged the Buddha to teach dharma practice beyond the view of uncleanness.

Then the Buddha said:

"Bhikkhus! For this reason, today, I have come to speak to you about Anapanasati. It is a study that starts from the subtle, to develop one's awareness, and to achieve the cessation of all evil and unwholesome dharmas that have arisen and have not arisen. Its power is like a great rain that washes away all dust that has arisen and has not arisen. How to practice?

If a bhikkhu lives on the outskirts of a city or a village, he should carefully guard the six roots and watch his mind when he enters the village to beg for food in the morning. After the meal, go to the forest, under a tree, in a clearing or in a quiet house. Sit upright and focus on the present. Do not think about the past or the future and temporarily remove the obstacles to practice such as craving, anger, drowsiness, restlessness, and doubt. Then learn to be aware of every breath in and out. Feel every breath, long and short. Be aware of the process of inhalation and exhalation. Be aware of the gradual change in inhalation and exhalation. In each inhalation and exhalation, In each breath and exhalation, be aware of the joy of movement, the joy of warmth, the movement of consciousness, the cessation of movement, and other variations of strength and light. In each inhalation and exhalation, be aware of changes in the mind, such as pleasure, stillness, and release. Observing changes in phenomena such as impermanence, cessation, absence of desire, and silence with each breath and exhalation is called the meditation of Anapanasati. It is a kind of meditation that enables the body and mind to be at rest, be aware, see, be silent, be pure, and achieve the enlightenment of absence from ignorance."

## **Part 2: Buddhist Diet and Regimen: Uses of Guanyuan Acupoint**

The use of Guan Yuan acupoint

The concept of traditional Chinese medicine is very interesting. We have hot pain and cold pain. Suppose a woman who suffers from dysmenorrhea is also because of a cold. To treat the cold, acupuncture is the best way.

Acupuncture slowly, acupuncture Guan Yuan point. When the heat into the point, the pain will disappear. Long fire is best, slowly acupuncture.

This way, when the feet are hot, the pain will go away.

Why is it that when the feet are hot, the disease disappears?

When this heat is affected by the lungs, the heat goes down, and the residual heat goes to the palms.

The heat of the small intestines goes to the top of the feet, and the hot Qi is going down. Thus, the Qi has to sink to the feet.

So simply speaking, the heart controls arteries, and the small intestine governs the veins.

Western medicine says that the heart controls the blood circulation of the whole body.

Chinese medicine says that the heart actually only controls half of it.

The whole body's arteries and veins are as long as the whole body, the whole length of the body's blood vessels added up to be equal to one and a half times the circle of the earth. Such a huge system where arteries and veins are of the same length. It is common sense, and there is no need to prove that there are arteries there are veins.

This blood flows back to the heart through the small intestine. Without the heat and fire of small intestines, the blood cannot get to the feet.

The blood system is divided into two. One is managed by the upper heart, and one coming back from the four limbs is managed by the small intestines. Thus, we often do abdominal breathing, which will make the heat of the small intestine increase. This is a common sense concept. When we go to the north of mainland China, this northeast place, there is no water in winter but ice. How does ice form? Because of the cold.

Like water in a river, it freezes in winter, so your feet are ice, which means your blood vessels freeze like a river in winter. Now it is a pity that all western medicine is cold medicine. That is, the more you eat western medicine, the colder you will be.

I can take a very hot medicine and drink it to make my whole body cold or take very cold medicine and make it hot. This is the property of Traditional Chinese medicine.

When we encounter the situation of the cold inside, we use needles to remove the blockage of blood vessels and acupuncture to remove the cold inside. Regulate the Guan Yuan point, which is a large acupoint. In addition, we should often acupuncture Guan Yuan because it is the point of recruitment of small intestines. That is, Guan Yuan governs the small intestines. Regular acupuncture of Guan Yuan can supplement the heat of the small intestines. Because the heart and the small intestines are integrated, so Guan Yuan can also be used for emergency treatment of heart disease. The point of Guan Yuan is a great point for health, so you can usually acupuncture Guan Yuan. In acupuncture, the point should be careful, not too inclined to be hurt.

### **Part 3. Weekly Buddhist Cuisine Menu: Stewed Vegetarian Meat with Coriander**



#### **Ingredients:**

vegetarian meat 100g, coriander, light soy sauce, 2 tablespoons of vegetarian oyster sauce, ginger 3g, salt, vegetable and fruit seasoning powder

#### **Steps:**

1. Soak vegetarian meat in water for 15 minutes, then rinse twice. Drain the water and set it aside.
2. Wash the coriander and cut it into long pieces. Cut the ginger finely.
3. Heat a wok with cold oil, and add ginger into the wok to stir-fry until fragrant.
4. Then add the vegetarian meat and stir-fry for a while.
5. Add light soy sauce, vegetarian oyster sauce and some water, and bring to a boil. Turn down the heat and simmer for 5 minutes.
6. Add some salt and fruit and vegetable powder and turn to high heat until the sauce is reduced.
7. Turn off the heat and add coriander to stir-fry evenly.