

Date: 02/05/2022 02/06/2022

Location: International Buddha Dharma Society for Cosmic Law

Teacher: Jinhua Zhou

Topics:

Part 1: Dharma talk: two methods of stagnation and observation

Part 2: Buddhist Diet and Regimen: The Health Wisdom of the Spring Equinox

Part 3. Weekly Buddhist Cuisine Menu: Steamed eggplant salad

Main content:

Part 1: Dharma talk: two methods of stagnation and observation

On one occasion, the Buddha was living in a forest garden offered by the wealthy elder of Ghositarama in the southeastern part of Kaushambi.

One day, the venerable Ananda visited an elder, saluting him respectfully; he asked the elder, saying:

"Venerable Sir, how should a bhikkhu contemplate when concentrating on his studies in an open space, under a tree, or in a quiet house?"

"Venerable Ananda! One should meditate on the two methods of stagnation and observation."

The venerable Ananda continued:

"Venerable Sir, what can you achieve if you practice and practice more on 'stagnation'? What can you achieve if you practice and practice more on 'observation'?"

"Venerable Ananda! One cultivates on 'stagnation' should eventually achieve 'observation'; One cultivates on 'observation' should also achieve 'stagnation'. Having achieved both stagnation and observation, one will attain the realm of liberation."

"Venerable Sir, what is the realm of liberation?"

"Venerable Ananda! The realm of liberation is the realm of cessation, of an absence of desire, of extinction."

"Venerable Sir, what is the realm of abstinence, absence of desire and extinction?"

"Venerable Ananda! The realm of the cessation of all actions is called the realm of cessation; the realm of the cessation of love and desire is called the realm of no desire; and the realm of the extinction of all actions is called the realm of extinction."

After hearing this elder's teaching, the venerable Ananda asked many other bhikkhus the same question. As a result, all the answers said that we should practice the two dharmas of stagnation and observation and that the practice of "stagnation" will eventually lead to the achievement of "observation". The practice of "observation" will eventually lead to the achievement of "stagnation". The achievement of stagnation and observation will lead to the state of liberation of cessation, absence of desire and extinction.

Finally, the venerable Ananda asked the Buddha the same question, and the Buddha's answer was exactly the same. At this moment, the venerable Ananda could not help but exclaim:

"That's wonderful, the World Honored One! The master and the disciples speak the same dharma, using the same words, meanings, and words. I ask the elder and the other bhikkhus the same questions, and they all gave the same answers like yours."

"Ananda! Do you know what kind of bhikkhu that elder is?"

"I don't know, my Lord!

"Ananda! That elder is the Arahant who has ceased all his troubles and given up all the burdens of life. He has attained, and liberation of the righteous mind, and so are the bhikkhus you ask."

Part 2: Buddhist Diet and Regimen: The Health Wisdom of the Spring Equinox

The Spring Equinox conceals the Wisdom of Confucianism, Buddhism and Taoism!

"Chun Qiu Fan Lu" said: "the Spring Equinox, Yin and Yang are half-and-half, so day and night are the same length and heat and cold are balanced."

On the Spring Equinox, the sun is exactly above the equator and the global day and night are of equal length. As the sun moves north, the days in the northern hemisphere get longer, temperatures rise, spring blossoms bloom, and swallows return.

"A Collective Interpretation of the Seventy-two Phenological terms": "The middle of February and 'Fen' means half. This when the half of ninety days, so-called half."

The vernal equinox is the midpoint of spring. The cold and heat midpoint is also the midpoint of the day and night. Thus, in ancient times, it was also called "Ri Zhong", "Day and Night Division", and "The Moon of Mid-spring".

In the Southern Song Dynasty, Zhang Sanfeng said, "The Tao is only the middle." which means Tao can be summed up by the word "Zhong".

To the Chinese people, "Zhong" is the best word to represent Chinese culture.

In Confucianism, it is called the mean; In Taoism is called moderation. In Tao, it is called Zhong Qi, and Madhyamika in Buddhism. Therefore, the Vernal equinox conceals the prime wisdom of Confucianism, Buddhism and Taoism.

The doctrine of the mean Confucian

On the vernal equinox, the sun is exactly above the equator, day and night are equally divided, and Yin and Yang are half-and-half.

"The Doctrine of the Mean" says, when people's joy, anger, sorrow and happiness are not expressed, they are in the middle, and when they are expressed in accordance with the law, not too much and not too little, they are in harmony.

Harmony is the basis of all living things in the world. When harmony is reached, all living things can coexist in harmony.

Since ancient times, people have avoided fullness. Half poor, half rich, half safe.

In the BOOK of Changes, the arrogant will be regretful. The position of the hexagram in the Qian hexagrams to the top nine has reached the pole in terms of the hexagram in the six lines. No higher position can be reached, alone high at the top, like a cloud ascending dragon. At this time, we should not think of going further but know how to be humble.

The Book of History says, fullness brings loss, and modesty brings benefit. Once things have reached an extreme, it is easy to suffer from misfortune, so "the moon is not full, the flowers are half-open" is the most beautiful state of life.

Taoist Zhong Qi

What is Zhong Qi? As the Tao Te Ching says, "All things back to Yin and face to Yang, so

impacting Yin and Yang to achieve harmony."

Zhong Qi is the smooth Qi formed as impacting Yin of heaven and earth.

In this world, there is good and it is bad.

Even Lao Tzu said, "The high and the low are opposed to each other to exist. The difficult and the easy are opposed to forming." The two opposites depend on each other in order to achieve a harmonious state.

In the Book of Changes, the "Tai" is very auspicious, Qian down and Kun up.

Su Shi explained it as Yang inside, Yin outside. The gentleman should be in the court, and the villain should be in the local, which is the Yin and Yang, everything thrives.

And if all the villains are deposed and not allowed to have positions, they will cause trouble, and the consequences will be worse instead.

This is not only superb political wisdom but also the practice of Taoism.

It is like wolves and sheep in the ecosystem, which seems to be the opposite, but in fact both are indispensable, and together they maintain the stability of the system.

There are Yin and Yang in heaven and earth, as there are also Yin and Yang in human affairs, such as right and wrong, good and bad.

Therefore, a person who really has great vision must have an open mind to accommodate differences and accept differences.

Buddhist Madhyamika

There are two schools of Mahayana Buddhism, one is consciousness only, and the other is the more respected Madhyamika.

Life in this world is like being in the midst of thorns and thorns. If the mind does not move, people do not act rashly and will not be hurt.

If the mind is moving, people act rashly, and it will hurt their bodies and bones. Therefore, they will experience all kinds of pain in the world.

The Dharma gate of cultivation is: not to move the mind deludedly.

When Hui Neng wandered to FaXing Temple in Guangzhou, he heard a monk say, "the wind blows, and the flags move", and another monk said, "the flags move, and you know the wind blows". Hui Neng said: "Not the wind blows, not the flags move, your mind move."

Only when you are aware that your mind is moving can you keep your mind neutral, and this is the Madhyamika.

Greed grows in your mind and slowly kidnaps your mind, makes you do wrong and leads to a path of no return. However, if you are immediately aware of it, the bad thoughts will disappear.

Those bad thoughts are dark and can't be examined. It's called "whenever a thought arises, you realize it; realize to cease it."

The biggest obsession in life is to be kidnapped by "me". Only by giving up my perspective and choosing the Madhyamika can we constantly resolve our obsession and expand our minds.

If you have a big heart, the world in front of you will be wide, and the path under your feet will be wide.

Part 3. Weekly Buddhist Cuisine Menu: Steamed eggplant salad

**Ingredients:**

1 large eggplant, 1 tablespoon of sesame sauce, 1 tablespoon of sesame oil, 1 tablespoon of soy sauce, 1 tablespoon of rice vinegar, a little salt, a dash of pepper powder

Steps:

1. Wash and peel the eggplant.
2. Put it in a steamer to steam. Boil the water and steam for 15-20 minutes.
3. When it's not too hot, shred the eggplant.
4. In a small bowl, add the sesame paste, sesame oil, light soy sauce, rice vinegar, salt and pepper powder to make a sauce.
5. Pour the sauce over the eggplant and mix well.