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Topics:

Part 1: Dharma talk: One-shot breakthrough method

Part 2: Buddhist Diet and Regimen: "Three-character classics" for nourishing the kidneys

Part 3. Weekly Buddhist Cuisine Menu: Healthy Mushroom Soup

Main content:

Part 1: Dharma talk: One-shot breakthrough method – the view of Mahasubbata Sutta

Once, the Buddha returned to his hometown of Kapilavastu and stayed in Nigrodharama park in the south of the city.

This morning, after entering the city to beg for food, the Buddha stopped by the Ka[^]laks[!]emakasya-sakyasya-viha[^]ra. At that time, the venerable Ananda and many bhikkhus were mending clothes. When he saw the Buddha coming, he came out to greet him and told him that they were mending clothes here.

The Buddha told Ananda:

"Ananda! Don't be happy with the pleasures of the group. A bhikkhu who enjoys the pleasures of the crowd really cannot experience the pleasures of detachment, silence, stillness, and righteousness, nor can he attain the temporary liberation of the mind, nor can he attain the permanent liberation of the stable mind. It is possible only for a bhikkhu who can make a point of being alone from the crowd. Why? Because I do not see anything that makes people crave joy, or when it changes, it does not cause sorrow and suffering in life. Therefore, I attain liberation from the state of craving for external things, which is beyond all forms of thought and all forms of external emptiness.

Ananda! When I have settled in the state of freedom from craving for external objects, my mind becomes joyful and gives rise to clear awareness, and from this clear and focused awareness, I become joyful and happy and enter into meditation. Ananda! If any bhikkhus, bhikkhunis, upasaka, upasika come to see me, I'll teach them to keep away from the herd, to keep away from desire and greed, and to rejoice in the absence of desire, and exhort them to practice meditation.

Ananda! If there is a bhikkhu who is willing to learn more about the view of emptiness, he should make his heart stable, quiet, and focused and entered into meditation. When the mind is settled in meditation, then he should use the power of meditation to view inner emptiness. If someone wants to practice viewing inner emptiness without first entering meditation, it is just a waste of effort.

Ananda! How does one become stable, quiet, focused and enter into meditation? A bhikkhu should be free from desire, from evil and unwholesome dharmas, and enter the first meditation with joy and happiness, or go further into the second, third, or fourth meditation. Once he has entered meditation, he should use this meditation as the basis for practising the view of inner emptiness.

In the course of the view of inner emptiness, if the mind is shaken and unable to achieve the view of inner emptiness or cannot remain stable, confident and determined, one should be fully aware of such a situation and turn to the view of external emptiness.

If, in the course of practising the view of external emptiness, the mind is still shaken and cannot achieve the view of outer emptiness or cannot remain stable, confident and determined, one should be fully aware of such a situation and turn to the view of inner and external emptiness.

If in the process of practising the view of inner and external emptiness, the mind is still shaken, unable to achieve the view of inner and external emptiness, or unable to maintain stability, self-confidence and constancy, one should be fully aware of such a situation and turn to the practice of peaceful immobility.

If in the course of the practice of peaceful immobility, the mind is still shaken, unable to achieve the peaceful immobility, or unable to maintain stability, confidence and constancy, one should be fully aware of such a situation and go back to the basic meditation before the initial practice of inner space meditation, to regain the concentration.

After re-establishing the power of meditation, continue to practice empty meditation until you are fully aware that you have firmly achieved inner emptiness, outer emptiness, inner and external emptiness, and tranquillity and immobility.

When the bhikkhu is settled in such emptiness, he can walk, live, sit, and lie with the full awareness that he is free from craving, sorrow and suffering and free from other evil unwholesome dharmas. Any talk or thought will only lead to righteous liberation and nirvana. Ananda! The five desires that arise from the eyes, ears, nose, tongue, and body are impermanent and changeable and should be abandoned. The bhikkhu should be fully aware and not be stirred by the five desires in his mind and indeed be free from them.

Ananda! The birth and death of the five elements, such as sex, perception, thought, action, and consciousness, are not free from attachment. The bhikkhu should be fully aware of them. From the view of the five aggregates, the collection of the five aggregates, and the extinction of the five aggregates, he should eliminate the arrogance.

Ananda! What I have told you above is all good dharma towards the sage and transcends the world. By learning this, you will be free from the control of the evil Lord.

Then, the Buddha said to the venerable Ananda that if one lives alone in a sparsely populated forest or cemetery, away from the crowd, but with too many visitors, one cannot stay away from the crowd in one's heart, one will still not have peace in one's mind, and one will still be in suffering due to craving.

Part 2: Buddhist Diet and Regimen: "Three-character classics" for nourishing the kidneys

Nourishing kidney "Three Character Classic."

The kidney is the innate essence of the human. Nourishing the kidney is the first to prolong life.

The secret of the nourishing kidney can be summarized as the following "Three Character Classic", which should be kept in mind.

Take care of your feet.

The kidney meridian starts from the soles of the feet, and the feet are easily affected by cold, so pay special attention to keeping the feet warm. Socks are best wrapped around the ankle, do not walk barefoot in a wet place for a long time.

When sleeping, don't put your feet outside of the quilt. The quilt must cover the soles of your feet on the ankles. Do not direct your feet to the air conditioner or fan.

There are many acupoints on the soles of the feet. Kneading the Yong Quan point of the feet before going to bed can play the role of nourishing the kidney and solidifying its essence.

Smooth bowel movements

Unsmooth bowel movement, stool accumulation, and turbidity attack not only make people irritable and have chest tightness but also hurt the kidneys, resulting in waist fatigue and nausea and vomiting.

Therefore, keeping the stool smooth is also a way to nourish the kidneys. To achieve smooth bowel movements, you need to adjust your diet according to your actual situation and do more exercise.

When constipation happens, use the back of both hands to press against both kidney areas and press hard, which can stimulate the kidney energy and accelerate defecation.

Drink more water

Water is the source of life. Drinking water regularly is a very important way to nourish the kidneys. Drinking too little water may cause the retention of turbid toxins and increase the burden on the kidneys, so it is important to develop the habit of drinking more water.

Sleep well

Adequate sleep has an important role in the transformation of blood and Qi and the maintenance of kidney essence. Sleep can nourish the essence, strengthen the spleen and stomach, strengthen the bones and tendons, maintain the beauty and keep young.

It is clinically found that many patients with renal failure have the experience of staying up late, being overworked and lacking sleep for a long time.

Therefore, it is important to develop good habits. To facilitate the maintenance of the kidney essence, go to bed early and get up early, do not indulge in sexual desire.

Don't hold back the urine.

When the urine stored in the bladder reaches a certain level, it will stimulate the nerve to produce the urination reflex, so it is important to go to the toilet in time.

Otherwise, holding urine for too long will lead to increased bladder pressure, bladder pressure reflex disorder and decreased function of the forced urinary muscle. Or, it will affect the ureter-bladder anti-reflux mechanism, leading to urine reflux, which can easily induce pyelonephritis and even cause damage to kidney function.

Swallow saliva

The spleen dominates the clear saliva in the mouth, and the kidneys dominate thick saliva. Human saliva contains a variety of beneficial substances and has the functions of aiding digestion, neutralizing stomach acid, antibacterial and immune enhancement. Usually, use the tip of the tongue to lick the upper jaw or contain a jujube kernel to produce mouth saliva.

Massage waist

There are many acupuncture points in the waist, such as the Mingmen point, Shenyu point, Waist Yangguan point, Waist Eyepoint, etc.

You can often press or tap the lumbosacral area, rub both sides of the waist, and move the waist and buttocks. Once a day in the morning and once in the evening, which can warm the kidney Yang, benefit the waist and spine, and dredge the meridians. When taking a walk, use the back of both hands to press and rub the kidney area, which can relieve the symptoms of lumbago.

Be careful with medicines.

Every medicine has its side effect. Drugs with renal toxicity mainly include aminoglycosides, vancomycin, contrast agents, heavy metals, cisplatin, non-steroidal anti-inflammatory drugs, cephalosporins, etc. Some herbs such as Guanmu Tong and Fructus Aristolochia can also cause kidney damage.

When using drugs, we should be vigilant to prevent abuse or excessive types of drugs. For drugs with potential renal toxicity, we should strictly control the indications, methods, doses and courses of medication.

Eat more "black."

Traditional Chinese medicine believes that black food enriches kidney essence, enhances physical fitness, prevents diseases, and delays aging.

Modern medical research suggests that the colour of black food mainly comes from anthocyanin, a plant pigment that helps reduce the risk of diabetes, heart disease and cancer.

Part 3. Weekly Buddhist Cuisine Menu: Healthy Mushroom Soup



Ingredients:

White jade mushroom 80g, oyster mushroom 80g, fresh shiitake mushroom 30g, white mushroom 50g, king oyster mushroom 50g, beech mushroom 80g, a teaspoon of salt, ginger, oil

Steps:

1. Pour a little oil into the stew pot and add ginger slices.
2. Set the "quick heat" mode and stir-fry for 1 minute.
3. Put all the mushrooms into the stew pot, add enough water and make sure the water covers all the ingredients.

4. Select "stew" mode.
5. After it is cooked, add some salt.