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Topics:

Part 1: Dharma talk: Who will enjoy the sacrifice

Part 2: Buddhist Diet and Regimen: The nutritional value of aged tangerine peel

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Chinese Water Chestnuts with Snow Peas

Main content:

Part 1: Dharma talk: Who will enjoy the sacrifice

On one occasion, the Buddha was staying in the Kalandaka Park in the city of Rajagriha, the capital of Magadha kingdom.

One day, a brahmin named "Shengwen" came to the Kalandaka Park and asked the Buddha: "Venerable Gautama! We brahmins advocate offering sacrifices to deceased family members. Because of the blood ties, they can enjoy the offerings. Venerable Gautama! Recently, a family member whom I love very much passed away unexpectedly. To make his life better, I followed the teachings of brahman and offered sacrifices to him. However, could he enjoy what I offered?"

"Brahman! If there is corresponding, then he can enjoy the offerings; if there is no corresponding, then he cannot enjoy the offerings."

"Venerable Gautama! Then, what is corresponding? What is not corresponding?"

"Brahman! Those who have done the ten evil deeds in their lifetime are reborn in the hell and animal realms after death. They live in their own new worlds and live on the food of the hell and animal realms. This situation is not corresponding. Those beings in the hell and animal realms cannot enjoy the food of the sacrificial offerings.

Brahman! Those who have done the good deeds in their lifetime are reborn in the heavenly realm and human realm after death. They live in their own new worlds and live on the food of the heavenly and human realms. This situation is not corresponding either. Those beings in the heavenly and human realms cannot enjoy the food of the sacrificial offering either.

Brahman! Only those who have done ten evil deeds during their lifetime and become hungry ghost beings after their death are corresponding. Hungry ghost beings can live on the hungry ghost world's food and enjoy the sacrifices offered by their relatives and friends."

"Honorable Gautama! If the family I love is not reborn in the hungry ghost realm, then who can enjoy the sacrifices I offered?"

"Brahman! Then they will be enjoyed by your other friends and relatives who have been reborn in the hungry ghost realm in the past."

"Venerable Gautama! If I don't have any relatives and friends who have been reborn in the hungry ghost realm, then who can enjoy the sacrifices I offered?"

"Brahman! It is impossible to say that there are no friends or relatives in the realm of the hungry ghosts in the long life and death cycle of all sentient beings. Brahman! Moreover, the more important thing is that one who offers sacrifices will not get nothing in return."

"Venerable Gautama! What will those who offer sacrifices get in return?"

"Brahman! Suppose one gives money, houses, and daily necessities to monks begging for food, such as sramanas, bhikkhus, other brahmins or poor people. Even if one dies in the animal realm because of ten evils one did during one's lifetime, one can enjoy a better life in the animal realm. If one is reborn in the heavenly or human realm after death because one did ten good deeds, one will enjoy a better environment in the heavenly and human realms." "How rare! Venerable Gautama! Amazing! Venerable Gautama! One who offers almsgivings can have such blessings! Hearing the Buddha's explanation, the brahmin was very happy and praised the Buddha for giving him a clear answer. Therefore, he took refuge in the Buddha, the Dharma, and the Sangha, and he asked the Buddha to let him be a lay Buddhist of the Buddha for life.

Part 2: Buddhist Diet and Regimen: The nutritional value of aged tangerine peel

Dried tangerine peel plus a treasure, so good!

Nowadays, people's spleen and stomach functions are generally poor, resulting in a poor appetite. If you go to see a doctor, the doctor often suggests you eat more sun-dried tangerine peel to boost your appetite.

It seems that sun-dried tangerine peel is not only a healthy tonic but also a good helper in improving appetite.

Three conditions for making sun-dried tangerine peel:

According to Traditional Chinese medicine, sun-dried tangerine peel is pungent and slightly bitter, warm in nature. When it enters the spleen and lung meridian, it will have the effect of regulating Qi, nourishing the spleen and lungs, drying dampness and reducing phlegm. Li Shizhen recorded in "Compendium of Materia Medica": "Tangerine peel's bitter can help excrete and dry; its pungent property can dispel, and its warm nature can moderate. It can cure many diseases because of its functions of regulating Qi and drying dampness."

I believe that we have all eaten tangerine peel, but many people think that tangerine peel is casually and tangerine or tangerine made. In fact, the way of making tangerine peels is very delicate, and it has to meet three targets.

1. Ripe tangerine peel

Tangerine peels are the peels of ripe tangerines, and ripe tangerines are completely ripe ones. Their taste is relatively sweet. The real tangerine peels are made from this kind of tangerine peels.

If you use the skin of very sour, unripe tangerines, then you will get green peels. In traditional Chinese medicine, the effect of tangerine peel and green peel is very different.

2. Thinner tangerine peel

If we make our own at home, we can choose thinner peels because we simply sun-dry the peel; there is no quick drying machine. If the peels are too thick, they will be difficult to handle and dry, and they may become mouldy before it is completely dry.

So, you can try to choose thinner tangerine peels. Generally, thin tangerine peels are not easy to find. We can collect them slowly and sun-dry them once we collect them.

3. Extremely sun-dry and store for a long time.

Generally, the tangerine peel used for traditional Chinese medicine is very dry. Because in traditional Chinese medicine, the older tangerine peels, the better. If the tangerine peels need to be aged, they need to be stored. Only sun-dry them extremely; they can be stored for a long time. Thus, they must be extremely sun-dried.

Generally, the tangerine peels will harden after drying, and they will also be deformed and become warped. You can first slit the tangerine peels into strips before drying so that it is also convenient to dry and preserve.

Dried tangerine peel + lemon

Relax bowel: Constipation is mainly caused by living habits and intestinal dryness. Drinking tangerine peel lemon tea often can relax the bowel.

Throat discomfort: In summer, it is easy to get heat and sore throat. Regularly drinking tangerine peel lemon tea can prevent throat problems!

Dried tangerine peel + kudzu root

Detoxification: A glass of tangerine peel water every day can promote the coordination of the internal circulation in your body, expel the toxins from your body, and make your skin better and better.

Clean up intestinal tract: Many people eat out from time to time due to busy work. Drinking a cup of tangerine peel water after dinner can reduce the reproduction of intestinal spoilage bacteria to clean up intestinal toxins in the intestinal tract.

Dried tangerine peel + pear

Wind-cold cough: Tangerine peel can nourish Yin and moisten dryness, which has a very good effect on wind-cold cough. Adding pear can drive away wind-cold, stop cough, and reduce phlegm. It can also nourish Yin, moisten lungs, and improve dry cough without phlegm.

Tangerine peel + jujube

Chronic gastritis: Tangerine peel has the effect of regulating Qi, boosting appetizers, and treating spleen and stomach diseases. Jujube can nourish the spleen and stomachs and harmonize Qi and blood. The combination of tangerine peel and jujube benefits Qi, spleen, stomach and digestion.

Nourish blood and calm spirit: jujube is characterized by its high vitamin content, which is reputed as a "natural vitamin pill". It has the effect of nourishing Yin and Yang and replenishing blood.

Prolong life: Older people often drink tangerine peel and ginger tea, which can promote appetizing, calm the mind, strengthen the brain, prolong life and enhance human vitality.

Tangerine peel + red bean

Indigestion: Tangerine peel can strengthen the spleen, regulate Qi, promote appetizing, which is suitable for weak spleen and stomachs, poor appetite for food, and indigestion.

Slimming and weight loss: Summer is the best time to lose weight, and red beans can promote body fat consumption and have a significant effect on weight loss.

Tangerine peel + ginger

Relieve a cold: In summer, people are easy to fatigue and get weak immunity. Brew a cup of tangerine peel ginger tea; it can stop cough and phlegm and prevent colds.

Sweating and heat relief: Gingerol can speed up blood circulation, open the pores, and increase sweating. As the sweat carries away excess heat from the body, it helps to expel the wind-cold out of the body.

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Chinese Water Chestnuts with Snow Peas



Ingredients:

150g Snow peas, 5 Chinese water chestnuts, 1 carrot, 20g corn oil
minced ginger, 3g salt, white pepper

Steps:

1. Remove the tops, tails and stings of the snow peas, then wash them. Peel and wash the Chinese water chestnuts. Wash the carrot.
2. Slice the carrot and Chinese water chestnuts.
3. Heat up the wok with oil, add the ginger and stir-fry until fragrant.
4. Stir-fry the carrot slices.
5. Add the snow beans and slices of Chinese water chestnuts.
6. Add salt and white pepper, stir-fry quickly for 1 minute, turn off the heat and serve.