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Topics:

Part 1: Dharma talk: Entertainer Tarobza's Cry

Part 2: Buddhist Diet and Regimen: The therapeutic effect of acacia japonica

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Main content:

Part 1: Dharma talk: Entertainer Tarobza's Cry

On one occasion, the Buddha visited the Magadha kingdom and stayed in the Kalandaka Park, the north of Rajagriha.

On that day, the owner of a famous song and dance troupe named Tarobza came to the Kalandaka Park.

After greeting the Buddha, Tarobza asked the Buddha:

"Gautama! In the past, I have heard the senior members of our performing community say: "If the entertainers perform hard to perform singing, dancing and dramas in front of the public, entertaining the public and making them laugh. Then the entertainers can be reborn in the heaven of joy after death."

To such a view, Gautama! Do you think it's right?"

"Troupe owner! Let's not talk about it. Don't ask me what I think about it." The Buddha replied. But the troupe owner still did not give up and asked three times, so the Buddha had to say:

"Let me ask you; you answer it as you think.

In the past, there were no liberated people in the world, and everyone was not free from greed, anger and ignorance, nor did they know that they had to be free from greed, anger and ignorance, and everyone was in bondage to greed, anger and ignorance. The singing, dancing and drams of entertainers were about greed, anger and ignorance to cater to the audience's pleasure. When people watch these performances and enjoy themselves, does it not strengthen their greed, anger and ignorance and make them even more bound by greed, anger and ignorance?

Troupe owner! It is just like that a man has his hands tied behind his back with twine, and someone deliberately tries to make him suffer more by pouring water on the twine. As soon as the twine absorbs the water, it swells, and the knot gets tighter. In this way, doesn't it make that person even more tied and suffer more?

"Yes, Gautama!"

"Troupe owner! Therefore, is it not true that sentient beings who cannot get free from the bondage of greed, anger and ignorance will be further restrained by the stimulation of song, dance and drama?"

After the Buddha's clear explanation and powerful analogy, the troupe owner Tarobza's mood sank, but what the Buddha said was true, and he had to answer the Buddha:

"It's true, Gautama! The singing, dancing, and dramatic performances of the entertainers, while making the people laugh, also stimulate the growth of greed, anger and ignorance, which even strengthen the power of greed, anger and ignorance to bind the sentient beings."

"So, Troupe owner! As your senior members of the performing community have said that entertainers who perform songs, dances, and dramas to entertain the public and make them laugh will be reborn in the heaven of Joy after death. It is wrong to say that. Frankly speaking, those who hold evil views will only fall into the two evil realms of hell or animal after death and will not be able to ascend to heaven."

After listening to the Buddha's words, the troupe owner, Tarobza, finally couldn't bear to grieve and weep!

Seeing this result, the Buddha could do nothing but apologize and say:

"Troupe owner! I have repeatedly told you not to talk about this subject because I know it will hurt you!"

"Gautama! I'm not weeping because I have been foolish for a long time and have been deceived by the seniors of the performing community. Now, I would like to question: How can an entertainer live in heaven by entertaining all beings with songs and dances? Gautama! Starting today, I will no longer engage in evil performances. I will take refuge to the Buddha, the Dharma, and the Sangha."

Part 2: Buddhist Diet and Regimen: The therapeutic effect of acacia japonica

It is a medicine that blooms on the tree in April and has a shelf life of only 15 days.

Into April, all kinds of flowers are beginning to bloom. There is a flower many people have seen but may not know what it's called. Even if they know what it's called, they may not know its therapeutic effect.

This kind of flower usually blooms in April and May each year, the blooming period is usually about 10 to 15 days. A string of white flowers hanging on the branches, the air filled with light elegant fragrance, so refreshing. It is acacia flowers!

My childhood memory is all about strings of acacia flowers, they are the most delicious thing in the world!

Acacia flower is not only delicious, but also has many therapeutic effects, such as cooling blood to stop bleeding, clearing liver heat, treating high blood pressure and dispelling the effect of alcohol.

Of course, there are a lot of taboos when eating acacia flowers! Don't backfire.

Eating this kind of flowers grown in the countryside can moisten the lungs, cease cough, anti-age, increase the strength, supplement Qi, and lower blood pressure. Traditional Chinese medicine suggests that acacia flowers are bitter, neutral in nature and non-toxic. It has the effectiveness of clearing heat, cooling blood, stop bleeding, and reducing blood pressure. The acacia flowers are rich in rutin composition can maintain capillaries, which can avoid bleeding, hypertension and diabetes caused by excess brittleness of capillaries. Therefore, people with high blood pressure can eat acacia flowers.

In fact, acacia tree is a treasure, acacia horn, acacia tree branches can be medicine.

Acacia flowers can cure hemorrhoids bleeding. It has always been a key medicine for bleeding hemorrhoids and can be taken directly in powder form.

How to use: To treat the bleeding from the large intestines, make acacia flowers and schizonepeta charcoal into powder, and intake 3 grams of alcohol each time.

Also, the folk practise of boiling water with acacia branches to fumigate hemorrhoids is useful. In the book "The Medicine Study Notes by Little Langzhong": there is a folk herbalist doctor who uses acacia soup to treat hemorrhoids. Make a thick soup using acacia branches. Fumigate and wash the affected area with the thick soup and do moxa-moxibustion with moxa sticks.

The liver has a strong connection with the eyes; when there is heat in the liver, the eyes are often red, swollen and painful. Chrysanthemum can clear the liver heat and clear the eyes, but it cannot relax the bowels. The acacia flower tastes bitter, and it can clear away liver heat and help excrete the heat out from the large intestines. Therefore, the effect of brightening the eyes is faster and can also treat headaches and dizziness caused by hyperactivity of liver yang.

Specific usage: directly boil 6 grams of acacia flowers with water as tea. Adding some chrysanthemum will have a better effect.

Acacia flowers can be made into tea, porridge, scrambled eggs, dumplings, and pancakes. Those who have heat in the gastrointestinal tract, yellow tongue and bad breath can eat it often. But people with a cold spleen and stomach should not eat because acacia flowers are cold in nature. If they overeat acacia flowers, it will aggravate their diseases.

The therapeutic effect of acacia flowers

Speaking of acacia flowers, we must mention a delicious dish - acacia flowers scrambled eggs! Many readers who have eaten farmhouse meals have tasted this delicacy, but have you ever thought about its therapeutic effects after the meal? Let's learn about it today.

Acacia flower is actually traditional Chinese medicine, and the main efficacy can be summarized in eight Chinese words: cool blood, stop bleeding, clear the liver heat and clear the eyes. If you read it in more detail, you will find that this herb with a blooming period of only 15 days is really charming. Although its blooming period is so short, the efficacy is so rich.

The cautions of acacia flowers

First, acacia flowers are cold in nature, so people with a cold spleen and stomach should intake them with caution.

Second, although the acacia flower has many effects, raw and cooked efficacies are different. For example, cooked flowers can help cool the blood and stop bleeding; raw flowers can clear the liver and reduce the liver heat.

When using raw flowers, you must pay attention to hygiene, and it is best to intake them under the guidance of an experienced herbalist.

Part 3. Weekly Buddhist Cuisine Menu: Juicy Lotus Root

**Ingredients:**

100 grams of lotus root, 1 teaspoon of chilli oil, 1 teaspoon of sesame paste, 3 grams of red tabasco chilli, 3 grams of coriander, 3 grams of dark soy sauce, ginger powder, 1 teaspoon of cumin powder, starch, salt, vegetable stock powder

Steps:

1. Soak lotus root slices in cold water to soften them in advance. Take the lotus root slices out from the water and squeeze them to drain the water.
2. Add 1 tablespoon of oil into a wok, then add ginger and tabasco chilli. Stir-fry until fragrant.
3. Add a small bowl of water to a wok. Without waiting for the water to boil, add 1 tablespoon of salt, 1 tablespoon of vegetable stock powder, 1 tablespoon of dark soy sauce, 1 tablespoon of cumin powder and stir well.
4. When it boils, add the starch water to thicken the soup.
5. Add coriander to the lotus root slices.
6. Pour the cooked sauce into the lotus root slices. Add 1 tablespoon of chilli oil. Stir well and serve.