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Topics:

Part 1: Dharma talk: Buddha's Memoryless Answers

Part 2: Buddhist Diet and Regimen: Several health care activities

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Part 1: Dharma talk: Buddha's Memoryless Answers

On one occasion, a lay practitioner named Yudhira visited the Buddha at the Kalandaka Park in the city of Rajagriha. After exchanging greetings, the layman Yudhira asked:

"Gautama! Is there an edge in this world?"

"Yudhira! It's memoryless." The Buddha replied.

"So, Gautama! Is the world boundless?"

"Yudhira! It's memoryless as well."

"Gautama! Is the world constant or impermanent? Is the body the essence of life? Or is it separate from the body?"

"Yudhira! These are memoryless."

"Gautama! You say these things are memoryless. Then what exactly is your claim?"

"Yudhira! I preach with the evidence of my own righteousness awareness that all living beings will be completely free from sadness, suffering and troubles just like me."

"Gautama! Tell me, what percentage of the world's people have followed the path of liberation that you have demonstrated? Is it half? Or a third?"

At this point, the Buddha remained silent. Even though Yudhira repeatedly asked, the Buddha was silent and did not answer.

At this moment, the venerable Ananda, who was beside him, thought to himself, "We cannot let this practitioner, Yudhira, mistakenly think that he has overwhelmed the Buddha or that the Buddha was afraid and couldn't answer!" Then the venerable Ananda took up the subject and replied:

"Yudhira! Let me give you an analogy: there was a king who built a very strong castle at the border. For security reasons, there was only one gate to enter and exit. A gatekeeper was wise and clever in recognizing those who entered and left the castle. He could keep out all those who should not enter the castle. The gatekeeper knew that the castle's outer wall was so strong that there was not even a crack. All people and animals could only enter and leave through this gate, and there was no second possibility of entering and leaving. Yudhira! In the same way, the World-honored One knows that all liberated persons who have left, whether in the past, present or future, have achieved by following the path of discarding the Five Obscurations and practicing the Four Noble Truths and the Seven Factors of Enlightenment. It does not matter whether the number is half or one-third of the world because the Buddha would not care about that."

Part 2: Buddhist Diet and Regimen: Several health care activities

Many people think it is a complicated thing to do when it comes to maintaining health. In fact, it's really simple to stay healthy.

For example, if you can do the following "health care actions" regularly, you can save a lot of money on medical bills!

Pound back regularly to promote Yang Qi.

Pounding the back is more suitable for the elderly because the back of the human body is rich in spinal nerves and visceral acupoints. Pounding the back can stimulate the acupoints of the skin and subcutaneous tissues on the back, enhance the function of the endocrine and meridian system, improve immune function and enhance the ability to resist disease through the conduction of the nervous system and meridians.

In addition, frequent back pounding can promote blood circulation, improve skin nutrition, accelerate back skin metabolism, and calm the mind and the heart. It can help relieve a variety of chronic diseases suffered by the elderly.

Methods: The manipulation of pounding back should be uniform. The force should be elastic, lightly patted and knocked. Do it 60 to 100 times per minute, 1-2 times a day. 30 to 50 minutes for each time. Gently knocking on the upper and lower is appropriate.

Caution: people with severe heart disease should be careful when pounding their backs.

Rub face more often, smooth Qi and blood.

Rub the face is to rub with the palms. This method can keep the face rosy, reduce wrinkles, and prevent facial nerve paralysis.

At the same time, it has the effect of eliminating fatigue and invigorating the spirit. It can help improve the blood circulation in the face, especially in the ears.

Because the meridian system in the foot Sanyang meridian is from the head and face, rubbing the face can unblock the meridians and facial beauty.

Method: Rub your palms together, then rub your face with the palms a dozen times. Or use both hands to gently rub or pat your face for 1~2 minutes each time, 2~3 times a day.

It is recommended that you rub your palms hot in the early morning every day. Use your middle finger to rub two sides of the nose from the bottom up. Drive other fingers to rub to the forehead and move to the sides and keep moving down. Do this like washing your face more than 10 times.

Do eye movement often to avoid blurred eyes.

This method in Traditional Chinese medicine is called "Yunjing", or eye movement. Close your eyes and move your eyeballs from left to right 6 to 10 times, then move from right to left 6 to 10 times.

Move your eyeballs slowly, close your eyes for a moment, then open them suddenly. The speed should be uniform, and each rotation direction can be done in 2 to 4 beats.

This method is very suitable for middle-aged and older people with blurred vision and eye disease. It often can have the effect of relaxing eyes.

Do regular abdominal massages help digestion.

The abdomen is where the stomach, intestines, and other organs are located. Abdominal massage is often beneficial to digestion. The ancients called it Mo Jifu, Mo Sheng Men, that is, kneading the abdomen around the umbilicus. Often rubbing the abdomen with hands can eliminate abdominal distension and contribute to food digestion.

Shake the limbs to strengthen tendons and bones.

The limbs are often moved, not only exercising the limb muscles, tendons and bones but also promoting the movement of internal organs and blood and enhancing physical fitness.

Clench fists together with the two shoulders and rotate forward. First, rotate from the inside to the bottom of the outside, then rotate in the opposite direction. Rotate each turn 20 times.

Dry baths help anti-aging.

Use the palms and dry towel to bathe the skin and massage the whole body. It can unblock the meridians, active Qi and blood, anti-age, and prevent disease. The ancients called it a dry bath.

In simple terms, rub palms heat, then run the skin around the body, like a bath is also possible. Generally, starting from the top of the head, the faces, both shoulders and arms. From top to bottom, chest, abdomen, back to left and right legs, rubbing them in turn. It can regulate Qi and blood, relax the tendons and blood, and maintain skin moistly and elastic.

The above methods are easy to do in daily life, the actions should be gentle, and the number of to achieve benefits.

Part 3. Weekly Buddhist Cuisine Menu: Taro Cabbage Rolls



Ingredients:

1 cabbage, 2 slices of taro, 3 Chinese water chestnuts, 1 scoop of vegetable stock powder, 3 tablespoons of soy sauce, 1 teaspoon of salt, 30 grams of cassava starch, 1 tabasco chilli, 1 tablespoon of vegetarian oyster sauce

Steps:

1. Wash the cabbage piece by piece.
2. Boil water with a wok. Put the cabbage into the wok and blanch the cabbage in the water.
3. Take the cabbage out from the wok and squeeze it to drain the water.
4. Put Chinese water chestnuts, soy sauce, salt, vegetable stock powder, tapioca starch and steamed taro into a blender to crush.
5. Stir the crushed paste with chopsticks and crush it again.

6. Take a piece of cabbage and spoon a spoonful of paste on the cabbage stem. Roll the vegetable stem first, then wrap the leaves on both sides of the vegetable stem, continue to roll.
7. Place the cabbage rolls on a plate.
8. Steam for 12 minutes and turn off the heat.
9. Coat with vegetarian oyster sauce. Add tobacco chilli and steam for 3 minutes.