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Location: International Buddha Dharma Society for Cosmic Law

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Topics:

Part 1: Dharma talk: The unremembered that cannot lead to Nirvana

Part 2: Buddhist Diet and Regimen: Which potatoes can't be eaten?

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Shiitake Mushrooms and Bok Choy

Main content:

Part 1: Dharma talk: The unremembered that cannot lead to Nirvana

- A parable of healing an arrow wound

On one occasion, the Buddha travelled to Savatthi, the capital of Kosala kingdom, and stayed in the Jetavana on the southern outskirts of the city.

At that time, while sitting alone in meditation, the venerable Maragha had an idea:

"The Blessed One does not actively express his views on 'the world is permanent, impermanent, boundness and boundless; life and body are one and different; the existence, non-existence, either existence or non-existence, neither existence nor non-existence of the true self after death'. The Blessed One always puts aside or refuses to answer these questions. If the Blessed One does not give me the right answers to these issues, then I will question, abandon him and leave him."

So, the venerable Maragha went to see the Buddha and asked the Buddha to give him clear answers to the above ten questions. The Buddha had to admit that he did not know the answers if he didn't know. Otherwise, Maragha would abandon him.

The Buddha, hearing what he had come for, asked him:

"Maragha! Did I say to you before, 'Come, Maragha! Come and practice purity with me, and I will answer for you the questions of whether the world is permanent, impermanent, boundness, boundless ...etc.'?"

"No, the Blessed One!"

"Or, when you came to become a monk, did you ask me, 'The Blessed One, I would like to follow you in your purity practice, but I would like you to answer the questions of whether the world is permanent, impermanent, boundness, boundless ... etc.'?"

"No, the Blessed One!"

"Then, you stray man, whom and what are you abandoning?"

If one wants answers to these questions before he is willing to practice purity, he may not find the answer until the end of his life. It is just like a person shot by a poisoned arrow. All his relatives and friends want to seek a doctor for him to be treated immediately. However, he says that he is not allowed to pull out the arrow to treat until he has investigated the ethnicity, name, height, color, residence of the person who shot the arrow, and the material and method of making the bow, string, arrowhead, body, and tail feather used. In this way, the person will be dead long before these questions are clearly investigated.

Maragha! Whether the answers to the questions are permanence or impermanence, the birth, old age, sickness, death, worries, sorrow, troubles, and sufferings, which I have been teaching you and should be extinguished, still exist. The questions of whether the world is boundness or boundless and so on are the same. Regardless of the existence or non-

existence of these views, the birth, old age, sickness, death, worries, sorrow, troubles, and sufferings that I have been teaching you and should be extinguished still exist.

So, Maragha! Remember all that I don't say and remember all that I have said. Just let them stay that way!

What are these that I don't say? 'The world is permanent, impermanent, boundness, boundless; life and body are one or different; the existence, non-existence, either existence or non-existence, neither existence nor non-existence of the true self after death.' I don't say any arguments about these.

What do I not say? Because they do not lead to benefits, do not correspond to the right Dharma, are not the basis of purity practice, do not lead to intellect and wisdom, do not lead to enlightenment, do not lead to freedom from greed, do not lead to annihilation, do not lead to tranquility, and do not lead to nirvana.

What have I always said? 'Suffering' is what I have always said, 'suffering collection' is what I have always said, 'suffering extinction' is what I have always said, 'the way of suffering extinction' is what I have always said.

Why do I always say that? Because they lead to benefits, corresponding to the right Dharma, are the basis of purity practice, lead to intellect and wisdom, lead to enlightenment, lead to freedom from greed, lead to annihilation, lead to tranquility, and lead to nirvana."

Part 2: Buddhist Diet and Regimen: Which potatoes can't be eaten?

Which potatoes can't be eaten?

1. Green potatoes

Generally speaking, potatoes are dark yellow; when they are blue or green, we should be vigilant! Potatoes contain trace amounts of solanine, which is not harmful to the human body. Green potato skin shows that the content of solanine has increased and is obviously over the limit, so don't eat these potatoes.

2. Sprouted potatoes

We all know that potatoes can sprout when stored for a long time, and sprouting is not a small matter for potatoes. Sprouting indicates that the potatoes contain enough solanine to support the growth of the buds, which is worse than green skin.

Tips: Prevent sprouting of potatoes

To prevent sprouting, store potatoes and apples together in a cool, dry place. Because ripe apples release ethylene, a plant hormone, which can inhibit the growth of hormone in the potato bud, they don't accumulate in sufficient concentrations to naturally sprout.

3. Refurbished potatoes

Refurbishing potatoes is to put old potatoes into a special cleaning machine, wash, soak, and polish to make sprout potatoes into "no sprout" potatoes so that the old potatoes become shiny skin "new potatoes".

These "new potatoes", which look fresh and shiny, can be very harmful to human health. On the one hand, they are the previous year's potatoes, most of which have sprouted. On the

other hand, in the refurbishing process, they are repeatedly washed, soaked or polished with substances such as sodium metabisulfite, which are directly harmful to humans.

4. Moldy potatoes

Many people find some mold on the surface of potatoes but do not take it seriously because the layer of mold can be washed off. After washing, they seem to have nothing wrong, but please note that moldy potatoes cannot be eaten.

Research data shows that moldy potatoes have 50 times more solanine than fresh potatoes! Consumption of moldy potatoes is very likely to cause food poisoning. So, the next time when you find rotten and moldy potatoes, please throw them away immediately!

5. Rotten potatoes

Some people treat rotten potatoes as if they were green, but please be aware that if they are rotten, they should not be eaten even if the rotten parts are cut off. Because once potatoes start to rot, solanine can quickly spread throughout the potato. Rotten potatoes can lead to food poisoning and even death.

6. Undercooked potatoes

Potatoes have high starch content, and undercooked potatoes contain raw starch grains, which affect the taste and are not easily digested and absorbed by the human body. In addition, uncooked potatoes have not been completely disintegrated, which can cause red blood cells to agglomerate in the human blood and cause nausea, vomiting and diarrhea.

What can't be eaten with potatoes?

1. Potato + persimmon

Potatoes will produce a large amount of hydrochloric acid after entering the body, and then if you eat persimmons, persimmons will produce chemical reactions under the action of stomach acid, easily causing indigestion and stones in severe cases.

2. Potato + banana

Potatoes are a frequent food on our table, and bananas are the fruit we often eat. Perhaps many people do not know that they will produce side effects on the human body by eating together.

3. Potato + pomegranate

Eating pomegranate can moisten the throat and clear phlegm, which has a particularly good effect on the respiratory tract and throat. Plus, they can promote digestion and intestinal nutrition absorption after entering the body. For people, the pomegranate is a treasure.

However, don't eat pomegranates with potatoes, as they can produce a chemical reaction that can release toxic substances and cause nausea and vomiting.

4. Potatoes and cherries

After eating potatoes, potatoes will produce a lot of hydrochloric acid in the stomach, and cherries in acidic solid conditions will generate insoluble precipitation, so it's better not to eat potatoes and cherries together, which will cause symptoms such as bloating and indigestion.

After so much talk, do you have any new knowledge about potatoes?

Here's another tip: the most nutritious way to eat potatoes is to steam them. Because steamed potatoes will not make protein, vitamin C and other nutrients reduce too much. So, friends who know how to keep healthy, hurry to steam some potatoes.

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Shiitake Mushrooms and Bok Choy



Ingredients:

200 grams of bok choy, 50 grams of shiitake mushroom

15 grams of oil, 2 grams of salt, 10 grams of starch

Steps:

1. Wash bok choy and soak shiitake mushrooms.
2. Boil a pot of water with 3 grams of salt.
3. When the water is boiled, blanch the bok choy.
4. Heat a wok with oil and stir fry the shiitake mushrooms, add salt and the bok choy at the same time.
5. Add 10 grams of starch into 20 grams of water and mix well.
6. Add the starch water with the bok choy and shiitake mushrooms, mix well and serve.