

Weekly Talks by Teacher Jinhua Zhou

Date: January 1st, 2nd

Part 1: Dharma talk: Unattached all the time

Part 2: Buddhist Diet and Regimen: Unblock the meridians to warm the whole body

Part 3. Weekly Buddhist Cuisine Menu: Burdock Tonic Pot

Date: January 8th, 9th

Part 1: Dharma talk: The Road to Death of the Eagle and the Monkey

Part 2: Buddhist Diet and Regimen: Winter is the golden period of nourishing lungs

Part 3. Weekly Buddhist Cuisine Menu: Stir-fry Eggplant

Date: January 15th, 16th

Part 1: Dharma talk: Inspiration from stunts on bamboo poles

Part 2: Buddhist Diet and Regimen: Misunderstanding of nourishing the stomach

Part 3. Weekly Buddhist Cuisine Menu: Jade Tree Hanging Money

Date: January 22nd, 23rd

Part 1: Dharma talk: Just like taming a cow

Part 2: Buddhist Diet and Regimen: How to clean up waste in the body

Part 3. Weekly Buddhist Cuisine Menu: Boiled Cabbage With Chestnuts

Date: January 29th, 30th

Part 1: Dharma talk: Origination of Anapanasati Method

Part 2: Buddhist Diet and Regimen: Uses of Guanyuan Acupoint

Part 3. Weekly Buddhist Cuisine Menu: Stewed Vegetarian Meat with Coriander

Date: February 5th, 6th

Part 1: Dharma talk: two methods of stagnation and observation

Part 2: Buddhist Diet and Regimen: The Health Wisdom of the Spring Equinox

Part 3. Weekly Buddhist Cuisine Menu: Steamed Eggplant Salad

Date: February 12th, 13th

Part 1: Dharma talk: Like the successive relays of the postal carriage

Part 2: Buddhist Diet and Regimen: Regimen at spring equinox

Part 3. Weekly Buddhist Cuisine Menu: Hot and Sour Cabbage Noodles

Date: February 19th, 20th

Part 1: Dharma talk: Layer-by-layer breakthrough method – the view of the Culasubbata Sutta

Part 2: Buddhist Diet and Regimen: Foods that help boost immunity

Part 3. Weekly Buddhist Cuisine Menu: Grilled Tofu in Tomato Sauce

Date: February 26th, 27th

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

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

Part 3. Weekly Buddhist Cuisine Menu: Healthy Mushroom Soup

Date: March 5th, 6th

Part 1: Dharma talk: The oppression of death

Part 2: Buddhist Diet and Regimen: After the beginning of spring, how to maintain health

Part 3. Weekly Buddhist Cuisine Menu: Spiced Chili and Lotus Roots

Date: March 12th, 13th

Part 1: Dharma talk: Brave and sharp mindfulness of death

Part 2: Buddhist Diet and Regimen: Calcium deficiency habits

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Mushrooms with Stem Lettuce

Date: March 19th, 20th

Part 1: Dharma talk: Are you worried about the afterlife?

Part 2: Buddhist Diet and Regimen: Several benefits of eating oatmeal regularly

Part 3. Weekly Buddhist Cuisine Menu: Dumpling Skin Taro Pagoda

Date: March 26th, 27th

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

Date: April 2nd, 3rd

Part 1: Dharma talk: Entertainer Tarobza's Cry

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

Part 3. Weekly Buddhist Cuisine Menu: Juicy Lotus Root

Date: April 9th, 10th

Part 1: Dharma talk: Buddha's Memoryless Answers

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

Part 3. Weekly Buddhist Cuisine Menu: Taro Cabbage Rolls

Date: April 16th, 17th

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

Date: April 23rd, 24th

Part 1: Dharma talk: Buddha's silent responses

Part 2: Buddhist Diet and Regimen: Walking is the best exercise

Part 3. Weekly Buddhist Cuisine Menu: Sesame Paste with Tender Peas

Date: April 30th, May 1st

Part 1: Dharma talk: Causes of many wrong views

Part 2: Buddhist Diet and Regimen: The harm of drinking alcohols

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried King Oyster Mushrooms with Vegetarian Oyster Sauce

Date: May 7th, May 8th

Part 1: Dharma talk: Is there a true self?

Part 2: Buddhist Diet and Regimen: The tips of regimen at the Beginning of Summer

Part 3. Weekly Buddhist Cuisine Menu: Eggplant Salad

Date: May 14th, May 15th

Part 1: Dharma talk: Is napping a sign of obsession?

Part 2: Buddhist Diet and Regimen: Measures to relieve the symptoms of dry mouth

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried Hericium Erinaceus with Lotus Roots

Date: May 21st, May 22nd

Part 1: Dharma talk: Yamaga's view of self

Part 2: Buddhist Diet and Regimen: Regimen at Lesser Fullness of Grain

Part 3. Weekly Buddhist Cuisine Menu: Oyster Mushroom Salad

Date: May 28th, May 29th

Part 1: Dharma talk: Who experiences suffering and happiness?

Part 2: Buddhist Diet and Regimen: Lotus seedpod, lotus seed, and lotus plumule are good for reducing heat, strengthening the spleen, and nourishing the heart

Part 3. Weekly Buddhist Cuisine Menu: Stewed Orange with Vegetables

Date: June 4th, June 5th

Part 1: Dharma talk: Is the same consciousness reincarnating?

Part 2: Buddhist Diet and Regimen: The regimen at the Grain in Ear

Part 3. Weekly Buddhist Cuisine Menu: Shiitake Mushroom with Broccoli Salad

Date: June 11th, June 12th

Part 1: Dharma talk: Consciousness that can only live by the mind and body

Part 2: Buddhist Diet and Regimen: Health taboos in May

Part 3. Weekly Buddhist Cuisine Menu: Fresh Shredded Stem Lettuce Salad

Date: June 18th, June 19th

Part 1: Dharma talk: Gaudhyga's consciousness cannot be found by searching everywhere

Part 2: Buddhist Diet and Regimen: Four unique effects of lychee

Part 3. Weekly Buddhist Cuisine Menu: Cowpeas with Black Fungi

Date: June 25th, June 26th

Part 1: Dharma talk: Mahābrahman, who thought he was the Creator

Part 2: Buddhist Diet and Regimen: Natural enemies of blood waste

Part 3. Weekly Buddhist Cuisine Menu: Black Fungi with Walnuts Salad