

Date: 06/18/2022 06/19/2022

Location: International Buddha Dharma Society for Cosmic Law

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Topics:

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

Main content:

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

On one occasion, the Buddha travelled to the kingdom of Magadha and lived in the Saptaparni Cave of Vaibhāra Mountain, east of the capital city of Rajagriha.

At that time, the venerable Gaudhyga was also living in a cave of black rock on the Celestial Being Mountain near the city of Rajagriha, devoting himself to meditation alone.

In meditation, venerable Gaudhyga gained temporary "mind liberation" due to his concentration of meditation power, but soon after, he lost it due to lack of concentration. The venerable Gaudhyga continued his efforts and made unremitting progress. Before long, he once again entered the "mind liberation". However, just like the last time, the "mind liberation" was only temporary, and soon it receded again. In this way, the attainment and withdrawal occurred six times repeatedly.

Although he repeatedly experienced six withdrawals, the venerable Gaudhyga remained undaunted and continued his meditation. When he attained the liberation again for the seventh time, he thought:

"I am here alone, meditating hard and striving to practice to make myself be able to benefit from my practice. I have already attained "mind liberation" six times and lost it six times, but now I have attained it for the seventh time. I should seize this opportunity to kill myself with a knife before I lose it, cut off the interference from physiological, to avoid having another seventh loss."

When venerable Gaudhyga thought this way, the demon king Mara knew about it, and he thought:

"If this monk succeeds in killing himself, he will surely leave the world under my control. I can't let him commit suicide! I should tell his teacher to stop him from committing suicide."

So, the demon king Mara went to the Buddha's residence and told the Buddha:

"O achiever of vast wise, great sovereignty, great hero and majestic power, you have a disciple who is attacked by blazing fire and is about to commit suicide! Great monk! You should stop him from committing suicide. How can a bhikkhu, who practices the Buddha Dharma and laws of the world, commit suicide because he cannot attain the achievement?"

Just as the demon Mara said these words to the Buddha, venerable Gaudhyga committed suicide with his sword.

When the Buddha heard this provocative speech of the demon king Mara and knowing that venerable Gaudhyga had committed suicide with his sword, he replied to the demon king Mara, saying:

"You dissipated, Mara! You must have come to me for your selfish purposes, not Gaudhyga! Gaudhyga was a determined bhikkhu who always let himself dwell in meditation, whether by day or night, without regard for his own life. He had clearly understood the horrors of the flow of birth and death in the Desire, Form, and Formless Realms and had completely cut off the craving. He had destroyed the interference of your demon army, attained liberation, and entered nirvana."

Hearing the Buddha's words, the disappointed demon king Mara, feeling that he had lost another family member, disappeared quietly with upset and sorrow.

As soon as the demon king Mara left, the Buddha invited all the nearby bhikkhus to go to the black rock cave on the Celestial Being Mountain to visit Gaudhyga, who had committed suicide and entered nirvana.

From a distance, the Blessed One saw Gaudhyga's body lying on the bed with his pillow arm in the cave, and a hazy black mist was floating around his body. Then the Buddha told the bhikkhus:

"Bhikkhus, can you see a hazy black mist floating up and down around the venerable Gaudhyga's body?"

"Yes, Lord, just as you said."

"Bhikkhus, this is the demon king Mara; he is wandering around the venerable Gaudhyga's body and looking for the whereabouts of Gaudhyga's consciousness after his death. However, when Gaudhyga committed suicide with his sword, there was no craving or attachment in his heart. His consciousness had already entered nirvana and no longer had a place of rest, so how come the demon king Mara can find it."

The Buddha said that was confirming that Gaudhyga had achieved liberation, that is, received the "first note".

At this time, the demon king Mara came to the Buddha again and said to the Buddha:

"East, west, south, north, up and down, I couldn't find where Gaudhyga's consciousness had gone."

The Buddha replied:

"Such a firm practitioner without seeking anything, he has completely ceased the root of greed and craving. Gaudhyga has entered nirvana."

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

It is the first fruit of June! It can tonify the liver, nourish the blood, calm the mind, and benefit the brain, but don't eat it like this!

It helps enlighten the mind, benefit the brain, dispel odour, relieve pain, and nourish the heart, liver, and blood.

To ask what fruit must be eaten in June is?

We voted for lychee.

Why is that?

First: because lychees are available from May to July and in season!

So don't worry about the quality because there are so many types of lychees.

A lot of fruits are not yet on the market, while lychees have been sold. A lot of fruits are off the market, but lychees are still on the market for selling. From the Baitangsu of early May to Baila and Heiye of late July, all of them are tender and juicy.

Second, the nature of cold is the "common problem" of many fruits, so many middle-aged and elderly people with poor stomachs flinch from them. However, lychee is unique as it's neutral in nature. And one more thing, people may suffer from excessive internal heat.

Lychee is good, but many people don't know to eat it.

Four unique functions of lychee:

1. Supplement energy, benefit the mind, and nourish the brain

Lychee has a nourishing effect on brain tissue and can significantly improve insomnia, fatigue and other symptoms.

Lychee flesh is rich in glucose and sucrose. It contains a sugar content of more than 70%, ranking first among many fruits. It can supplement energy and increase nutrition.

2. Enhance immune function

Lychee flesh is rich in vitamin C and protein, which helps enhance the body's immune function and improve the ability to resist disease. Since ancient times, lychee has been regarded as a precious tonic. It can resolve toxins, disperse swelling, and stop bleeding and pain.

3. Tonify the spleen, nourish the liver and benefit the blood

Lychee is sweet, sour, and warm in nature, and it can benefit the heart, spleen, and liver meridians.

Scientific research shows that fresh lychee is rich in nutrients, especially vitamin C. It's 6 and 11 times more than apple and pear, respectively. It also has high medical value as it can "tonify the spleen, nourish the liver, produce saliva, slake thirst, relieve swelling, stop the pain, prevent cough, and nourish heart". It is suitable for people with weakness, Qi and blood deficiency, stomach Yin, etc.

4 Beauty: make the skin smooth

Contemporary scientific research has found that lychee is rich in sugar, protein, vitamin A, vitamin B, vitamin C, vitamin D, citric acid, and pectin. It also has a large amount of free arginine and tryptophan.

The skin is a manifestation of the internal functions and state of the body. People with malnutrition and improper diet will not have healthy skin. Lychee is rich in many kinds of nutrients, and it can promote the blood circulation of microscopic blood vessels. Therefore, people who eat lychee regularly can prevent freckles and other types of pigment spots and make the skin smooth and delicate.

How to eat lychee without suffering from excessive internal heat?

People who like to eat lychees but are afraid of dryness-heat can drink light saltwater while eating lychees.

In addition, if you do not want to eat too many additional things, it is suggested that you immerse whole lychees with skin in light saltwater and then put them in the fridge. When you want to eat some, take them out from the fridge to become room temperature. By eating this way, you will not suffer excessive internal heat and can relieve stagnation and stimulate appetite.

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



Ingredients:

Cowpeas 200g, dried black fungi 10g, oil, salt 3g, light soy sauce, one red pepper

Steps:

1. Soak dried black fungi, remove the old roots, rinse and set aside.
2. Wash and dice the red pepper. Wash and dice cowpeas.

3. Blanch the cowpea dice into the water until wilted and take them out.
4. Heat the wok with oil, add the cowpea dice and stir-fry.
5. Add black fungi, salt, and an appropriate amount of water, stir fry evenly and cook on high heat.
6. Add light soy sauce, red pepper dice and stir-fry well. Dry up the sauce, turn off the heat and remove.