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Topics:

**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**

Main content:

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

It is said that massive and devastating fires, floods, and windstorms will occur in the world. When a devastating fire occurs, all living beings in the worlds below the heaven of radiant sound will be destroyed (the floods and winds will go upward and destroy the heaven of pervasive purity and the heaven of bountiful fruits, respectively). All living beings who live in these worlds will be gone before this destruction occurs.

The order of destruction begins in hell so that the hell will be empty first. On the one hand, the empty reincarnation of the sentient beings in hell is because humans become kind. People do ten good deeds, ages, and gods also come to the human world to advocate the practice of meditation. Thus, there will be a significant increase in the number of people who have attained the second concentration and be reborn in the second concentration heaven (the heaven of radiant sound). No one will fall into hell again. On the other hand, the retribution for the sentient beings in hell will be gradually finished so that they will be reborn on earth and practice meditation there.

After the emptiness of hell, the animal realm, the hungry ghost realm, and all the heavenly realms above the earth, including Brahma heaven, all will be empty one after another. The situation is that all sentient beings in the heavenly realms will be reborn on earth after the end of their lives and advantageous rewards. They will achieve the second or higher concentration after attaining their human bodies, and then they will be reborn in the heaven of radiant sound (or above).

Finally, the earth will be emptied, and the second sun will appear in the world, and then the number of suns will increase to six, causing a great fire. Thus, all the worlds below the heaven of radiant sound will be burned up.

After the great fire and a long time, the worlds below the heaven of radiant sound will be gradually formed again: the first one will be the Brahma World. Once the Brahma world is formed, a sentient being who died in the heaven of radiant sound will be reborn here. He still maintains the characteristics of a sentient being in the heaven of radiant sound. He communicates with his mind, feeds on joy, has a pure and luminous body, flies lightly, and lives a long life.

After living alone in Brahma for a long time, this sentient being will become bored and be eager for other sentient beings to be born in Brahma to be with him. When this longing arises, another sentient being will just come to the Brahma realm at the end of his life from the heaven of radiant sound. Therefore, the previous one will mistakenly think that this is the result of his longing so that he will have this thought: I am Brahma, the Great Brahma, the Almighty, the Invincible, the Ruler of all things, the self-lord of the world, the creator of all things, the lord of all births, the sovereign of all things, the father of the born and the unborn. He is the father of the born and the unborn beings. The sentient beings born later in the Brahma realm will be not as long-lived or long-looking as the first sentient being, so they will also think that the first sentient being is the creator, who has dominated over all things and enjoyed greater power.

Later, one of the sentient beings reborn later in the Brahma realm will be reborn on earth as a human being at the end of his life in the Brahma realm. He will practice meditation on earth and attain super knowledge of the past lifetimes of oneself and others. He will use his superpower to remember his past birth in the Brahma realm and begin to say that the first sentient being born in the Brahma realm is indeed the creator and the master of all things. The creator is constant, firm, and unchanging, and he is the father of all born and unborn sentient beings.

On one occasion, the Buddha told the elder Jiangu that there was a bhikkhu in the sangha who had supernatural faculties. He wondered where the four elements of matter would be extinguished - earth, water, fire and wind - be extinguished? So he used his supernatural faculties to go to each heaven to ask the gods, but he could not get an answer.

One day, when he came to the Brahma heaven, the Brahma gods told the bhikkhu, you should ask the king of Brahma, who is the creator, to give you the answer. So, the bhikkhu went to the king of Brahma and asked him in public. However, the king of Brahma only repeated before the gods, "I am the king of Brahma, there is no other one more powerful than me... I am the creator of all things, the father of all living beings." to dodge. The bhikkhu, of course, was not satisfied with such an answer, so he repeatedly pointed out that the king of Brahma was not answering the question he asked. The king of Brahma had to take the bhikkhu's right hand to a corner where there were no other Brahma beings and whispered to the bhikkhu:

"I don't know the answer either! But all the Brahma beings say that I am the creator and the first in wisdom, so I cannot show in front of them that I do not know. You are really stupid enough. Why don't you ask the Buddha on earth, but come here and ask me? You should remember what the Buddha told you."

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

Pigmentation, high blood fat... all caused by blood waste. Only removing the blood waste can make your blood come alive.

01. Green pepper: prevent blood clotting

Green pepper contains nutrients - vitamin C, vitamin E, and carotene. These can effectively prevent blood clotting.

02. Yeast: strengthen insulin

Yeast is rich in chromium, which can strengthen the function of insulin and has a therapeutic effect on diabetes.

03. Green tea: the best regulator of blood pressure and blood sugar

Green tea can lower cholesterol and triglyceride levels.

04. Black bean: the blood circulation catalyst

Many people know that black beans can turn hair black. In fact, black beans can also produce blood, which can help blood circulation, regulate gastrointestinal function, and strengthen metabolism.

05. Kiwi fruit: the powerful tool to promote vascular flexibility

Kiwi fruit is rich in vitamin C. Every 100 grams of kiwi fruit contains 69 milligrams of vitamin C. It is one of the essential materials for collagen synthesis.

06. Seaweed: promote the discharge of harmful substances in the blood

Seaweed is rich in iodine and can be consumed regularly to prevent iodine deficiency in the body. Some of the ingredients in seaweed can combine with harmful substances in the blood, thus promoting the discharge of these substances.

07. Buckwheat noodle: strengthen the blood vessels

Buckwheat nutrition is quite balanced. Its unique lysine, tryptophan and methionine are essential amino acids for blood health, so it is known as the "perfect food".

08. Cabbage: the blood vessels should be flexible too

Cabbage is a significant contributor to blood health. In addition to vitamin C, potassium, calcium, and dietary fiber, but also has a strong antioxidant activity of isothiocyanate, rare vitamin U, and vitamin K.

09. Wakame: the excellent helper of blood detoxification

Many people still do not know that wakame contains magical fucoidan. It not only can enhance liver function but also improve immune function.

10. Celery: maintain stable blood pressure

Regular consumption of celery can maintain the stability of blood pressure.

11. Black fungus: prevention and treatment of anemia

Black fungus is rich in iron, and regular consumption of black fungus is good for preventing and treating anemia.

12. Mung bean: promote the elimination of heavy metals

As we all know, mung bean has the effect of detoxification: people with acne skin take mung bean soup or porridge can help regulate endocrine disorders.

13. Winter melon: purify the blood environment

Winter melon is rich in protein and vitamin C. In traditional Chinese medicine, it is believed that the winter melon can effectively decompose body fat and purify the blood environment with heat and phlegm, swelling and dampness.

14. Grape: inhibit platelet aggregation

Red grapes contain resveratrol, which is a natural substance that lowers cholesterol. Resveratrol can make cholesterol lower and inhibit the aggregation of platelets. Therefore, grapes are very good fruit for blood purification.

Black grapes contain high potassium, magnesium, calcium and other minerals. They can benefit neurasthenia, excessive fatigue, and fight fatigue.

15. Apple: inhibit platelet aggregation

Apple is an effective blood cleanser. Patients who suffer from hypotension or arteriosclerosis diseases should eat more apples. Apples also have the effect of boosting lymphatic system function.

16. Lotus leaf: prevention and treatment of cardiovascular diseases

Lotus leaves contain potent antioxidant compounds, so they can remove free radicals in the blood and reduce the damage of free radicals to blood vessel walls. At the same time, the efficacy of the lotus leaf in lowering blood lipids further reduces the occurrence of cardiovascular diseases.

The lotus alkaloid in the lotus leaf can relieve summer heat, clear internal heat, and calm liver

fire. Regular consumption of lotus leaf tea helps the free movement of the bowels, clears inner heat, and nourishes the mind.

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



#### **Ingredients:**

3 corianders, 1 spicy green chilli, 1 spicy red chilli, 70g walnuts, 340g black fungi, vegetable stock powder, canola oil, salt, 2 pieces of ginger, 1 tablespoon of balsamic vinegar

#### **Steps:**

1. Soak black fungi in advance.
2. Wash ginger, coriander, green and red chillies, then cut them up and set them aside.
3. Put the soaked black fungi into a pot, and add a proper amount of water. Cover the pot and boil with high heat.
4. Bring to a boil, transfer to low heat and simmer for about 10 minutes. Then take them out with a skimmer.
5. Now make the sauce: add salt, fresh vegetable powder and balsamic vinegar in a bowl and mix well.
6. In a separate saucepan, heat the canola oil, add the sliced ginger and chopped green and red chillies.
7. Stir until fragrant and pour into the sauce.
8. Add the walnuts to the saucepan while it's still hot, then turn on medium-low heat and stir-fry them until fragrant.
9. Place the cooked walnuts on the black fungi and add the sauce.
10. Sprinkle some coriander and toss to serve.