

Buddha Hall, a large yellow banner with the Śūraṅgama Mantra in both Sanskrit and Vietnamese was displayed. Dharma Master Minh Nguyễn copied the Śūraṅgama Mantra in two languages onto this banner using his own blood. Prior to the start of this Dharma assembly, one of the lay organizers sought advice from Reverend Heng Sure, President of the Dharma Realm Buddhist Association (DRBA), and Dharma Master Heng Shan, a senior Vietnamese-American monk of DRBA, regarding important considerations and logistical details for hosting this event. ❀

南文書寫的〈楞嚴咒〉巨幅黃幡，這是越南比丘明願法師刺血抄寫的雙語版本。此次法會開始之前，參與主辦的一位居士，曾向法界佛教總會（法總）會長恒實法師，以及法總資深比丘（越裔）恒山法師，請教舉辦這次法會的注意事項與細節。❀

Shojin Culinary Arts Certificate Program

精進料理認證課程

By Dharma Realm Buddhist University 法界佛教大學提供

The DRBU Shojin Culinary Arts Certificate Program is a one-year comprehensive, immersive training in plant-based cuisine rooted in the time-honored philosophy of Shojin Ryori—Japanese temple cooking. Blending culinary discipline with spiritual mindfulness, this program invites students into a transformative journey through seasonal, sustainable, and ethical food practices.

Rooted in Zen Buddhist philosophy, Shojin cooking is a plant-based culinary practice that embodies harmony between nourishment and mindfulness. This tradition intentionally avoids pungent plants such as garlic, onions, and leeks, believed to cloud spiritual clarity. Instead, it draws its flavors from the essence of fresh, seasonal, and locally sourced ingredients.

Program Length

Two semesters (1 year)

Format

In-Person, Full Time

This is a non-credit certificate designed for personal and professional development. Please submit your application by June 20, 2025.

If you have any questions, please contact us at culinary@drbu.edu

Or visit us at <https://www.drbu.edu/academics/certificate-programs/certificate-in-culinary-arts/> ❀



法界佛教大學精進料理認證課程是為期一年，全面且沉浸式的素食料理研習課程，源於日本佛寺歷史悠久的精進料理之道。課程結合廚藝訓練與正念養成，讓學員透過季節性、永續性與慈悲的烹飪法則，進行味蕾的變革之旅。

源自佛教禪宗，精進料理是一種以植物為主的烹飪方式，講求滋養（營養攝取）與心靈（料理者與食用者的正念）的調和。其傳統是不使用大蒜、洋蔥和韭菜等五辛植物，以避免干擾修行者的清明之心。取而代之，以新鮮、當季和在地食材入菜，烹調出清淡且深具滋味的菜餚。

課程時間 兩學期（共一年）

上課形式 現場上課，全天制

本課程為非學分證書課程，旨在促進個人與專業成長，意者請於2025年6月20日前報名。

歡迎造訪我們的網站：<https://www.drbu.edu/academics/certificate-programs/certificate-in-culinary-arts/>

如有疑問，請電郵至：culinary@drbu.edu ❀