

Tao of Sustainability

Weekly Tao Discussion

Pu-Guang Temple, Plano TX

September 28th 2019

What is Tao?

- Tao: The Way, The Path, The One. Aka: God, Heavenly Mother, Holy Father, Allah, etc.
- Nameless, formless, odorless, tasteless, substance-less, and shapeless.
- Creator of cosmos. Mother of our true self / essence / spirit.
- Exists before mankind. Will continue to exist after mankind. Permanent and everlasting
- Respect nature, embrace nature, and follow laws of nature to thrive.

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Tao Te Ching (TTC) by Lao Tzu:

The Tao that can be spoken is not the eternal Tao.

The name that can be given is not the eternal name.

The nameless is the origin of heaven and earth.

The named is the mother of myriad things.

Thus, constantly without desire, one observes its essence; with desire, one observes its manifestations.

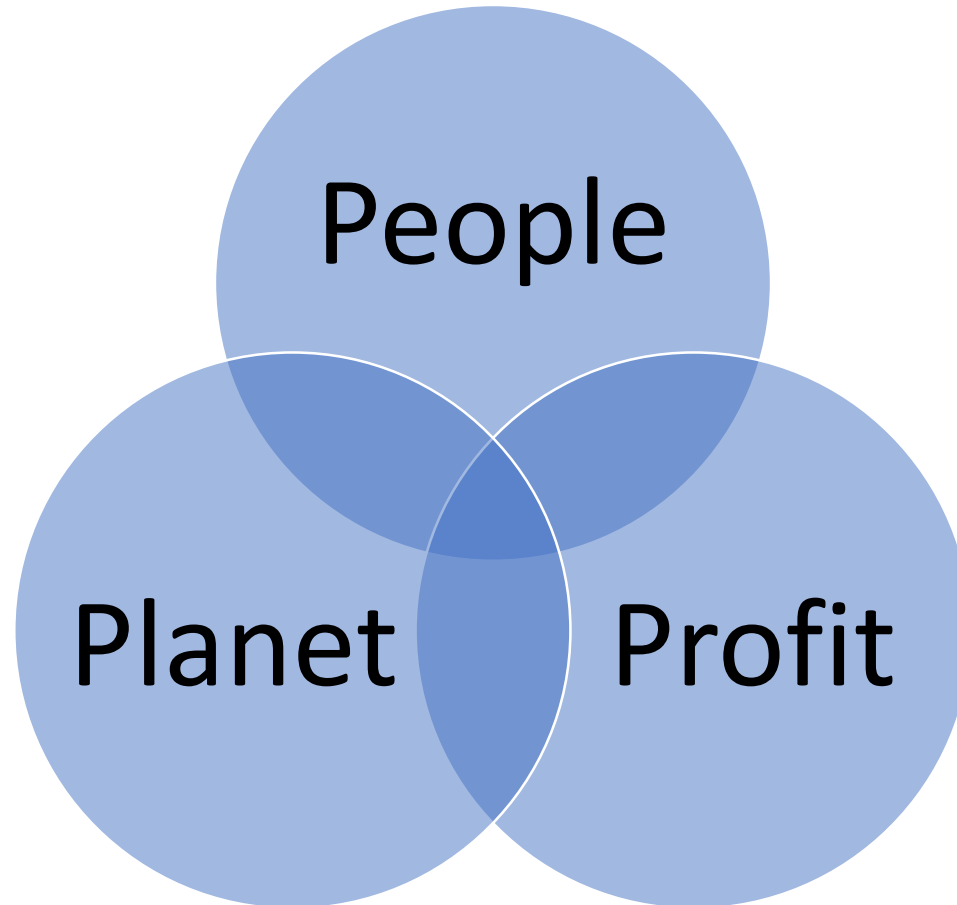
These two emerge but differ in name. The unity is said to be the mystery.

Mystery of mysteries, the door to all wonders.



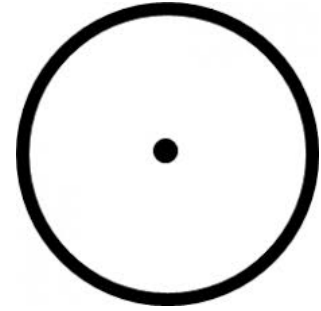
What is sustainability?

Meeting the needs of the present without compromising the ability of the future generations to meet their own needs

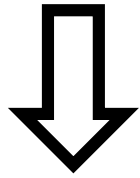


Three pillars in cosmos: Heaven, Earth, & Mankind.

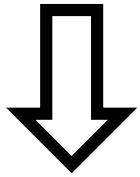
Hence, mankind has a moral responsibility to assist Heaven and Earth to help stabilize, harmonize, and nurture all sentient beings.



True Self



Ying / Yang
e.g. Breathing



Physical Body
e.g. 4 elements

Manifestations

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We are All Children of Heavenly Mother



<https://youtu.be/nZIOZwUPNnA>



Greta Thunberg

EVERYTHING GRETA SAID





Global Climate Strikes 2019



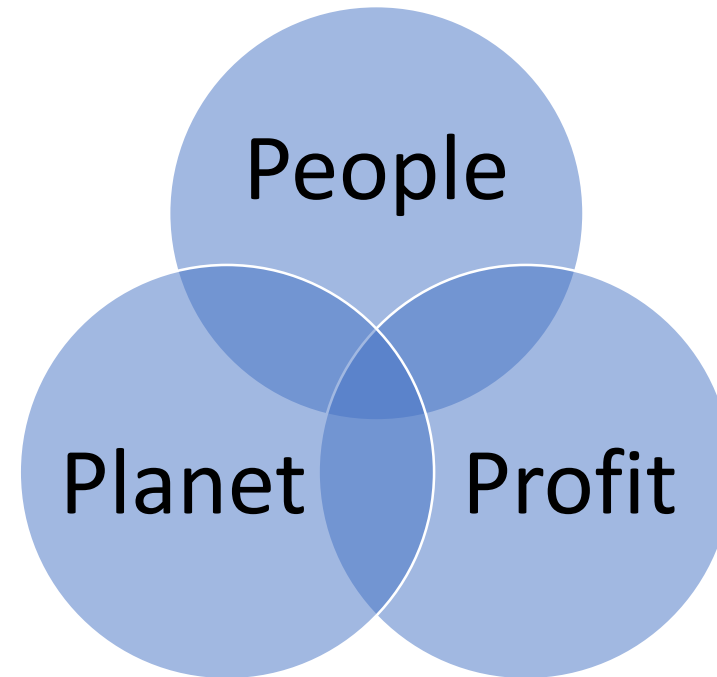
Why should we embrace sustainability as Tao Cultivators?

Moral Responsibility

Embrace Nature / Respect Nature / Nurture All Living Beings

Considerations for Future Generations

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Chapter 61 of TTC by Lao Tzu

Governing a large country is like lying in a lower place.

The big country in the world may be likened to rivers and streams flowing into the sea.

It lies lower such that all in the world runs into it.

It is the converging point of all in the world.

It is the female of the world, that always overcomes the male via tranquility.

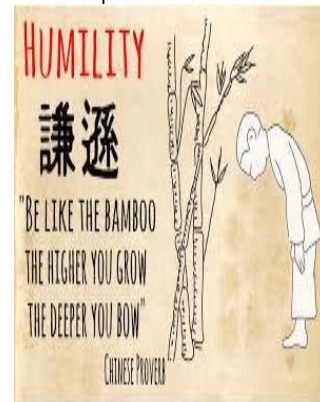
Hence a big state can rally small states around it, if it lowers itself to them.

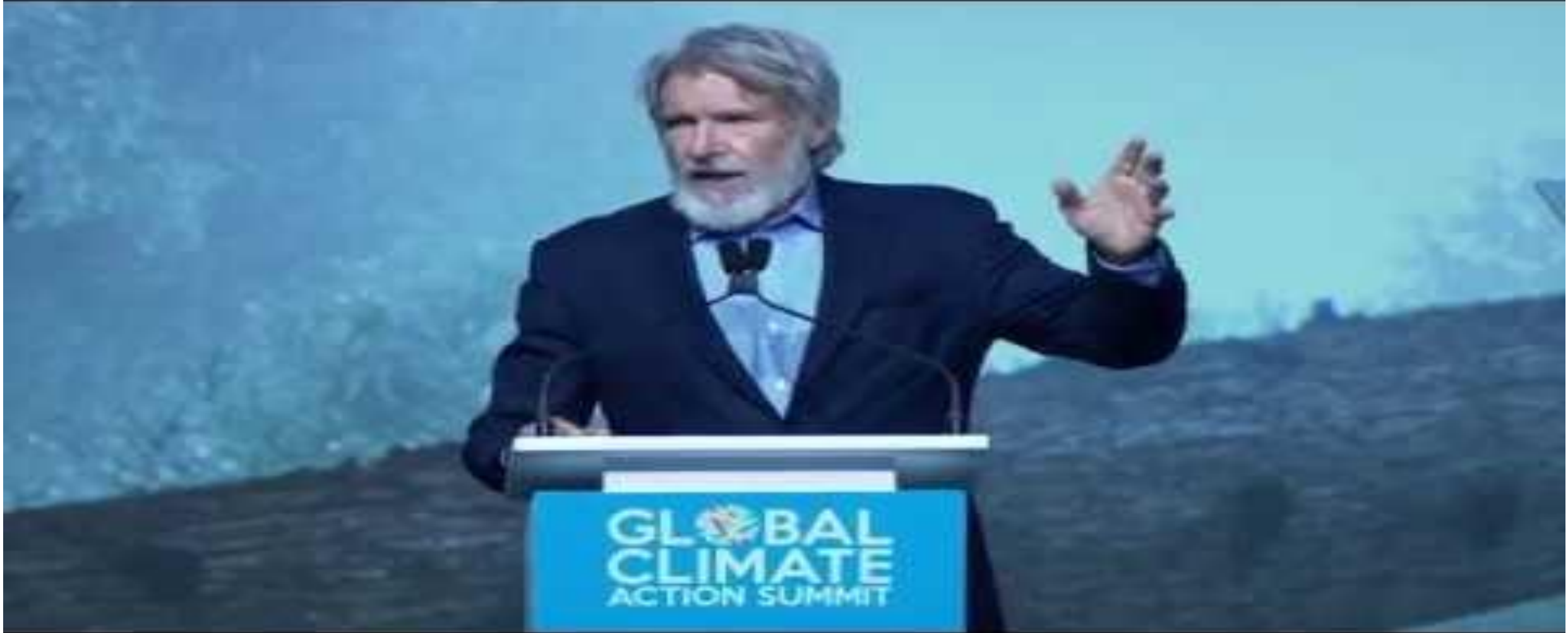
Small states can win trust from a big state, if they lower themselves to it.

Thus a big state can rally small states by lowering itself.

Small states can win trust from a big state by lowering themselves.

When both sides get what they respectively want, the big state should learn to keep itself lower.





How could we support sustainability?

Understand our moral responsibility as part of three pillars

Respect Nature and Natural Law, e.g. practice and cultivate Tao

Take actions to affect change gradually



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Vegan / Vegetarian Lifestyle

- Avoid eating living creatures (mouth)
- Purify thoughts (mind)
 - Our thoughts are extremely powerful.
 - One thought can traverse throughout the universe.
 - Hence, cultivating Tao → cultivating our hearts / thoughts
 - Be source of stability, harmony, and positive through cultivation
- Practice self discipline (body)

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Vegan / Vegetarian Lifestyle

Sages would not kill other living beings just to extend one's life.

Main difference between mankind and animals is that mankind has complete innate virtues from our Heavenly Mother, including compassion and love towards all living beings.

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Vows of Maitreya Buddha:

Mercy for all sentient beings → practice vegetarian / vegan

Promote sustainability in our environment

Cultivate to transform our thoughts, words, and actions

Spread stability, positivity, and hope for all

One Lifetime Guarantee:

Cultivation → fulfillment of past karma → reach enlightenment

Today: **Receive Tao** first before cultivation, e.g Three Treasures

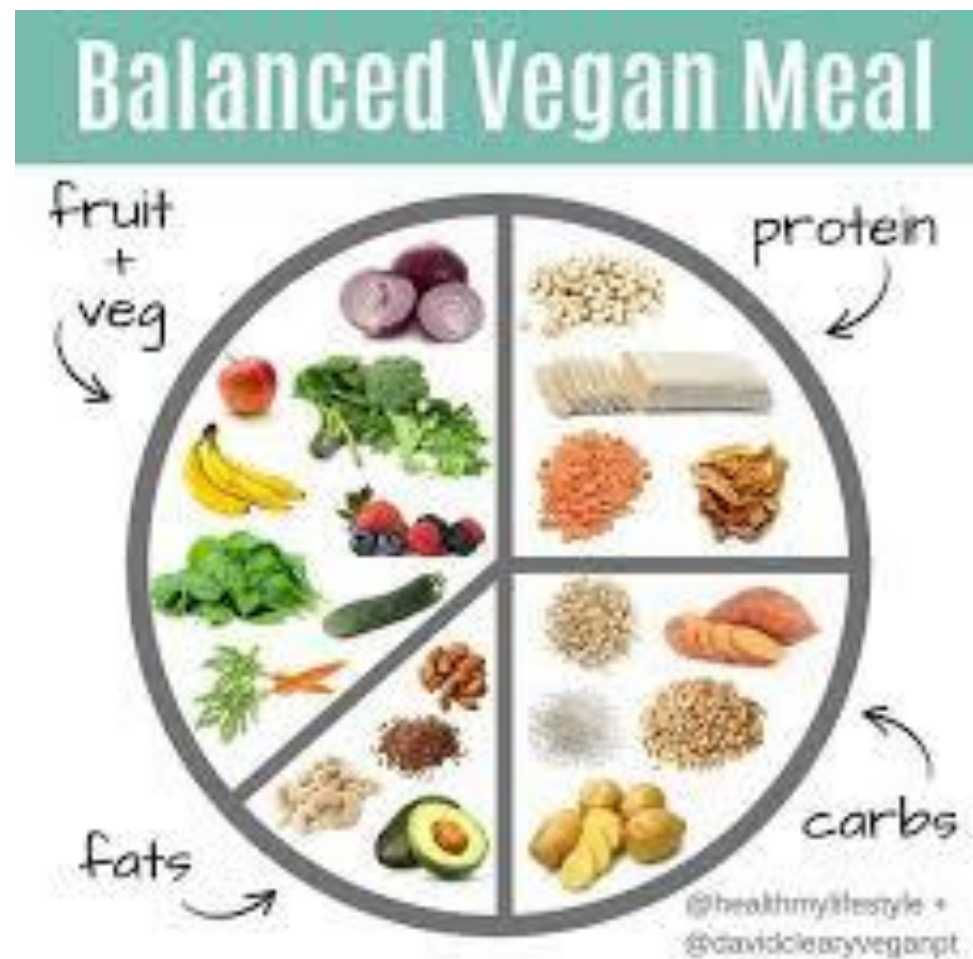
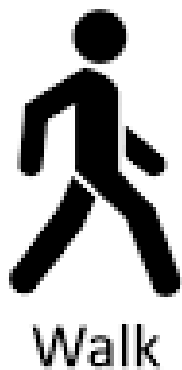
Ancient: Cultivate and accumulate sufficient merits before meeting master and receiving Tao



Vegan / Vegetarian Lifestyle



How could we start practicing vegetarian / vegan diets?



Benefits of practicing vegetarian / vegan lifestyle



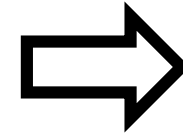
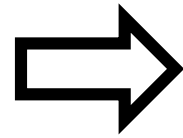
True Tranquility



《清静经》：“人能常清静，天地悉皆归”

One who could maintain constant tranquility will be aligned with Heaven and Earth.

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Settle onto our utmost excellence.

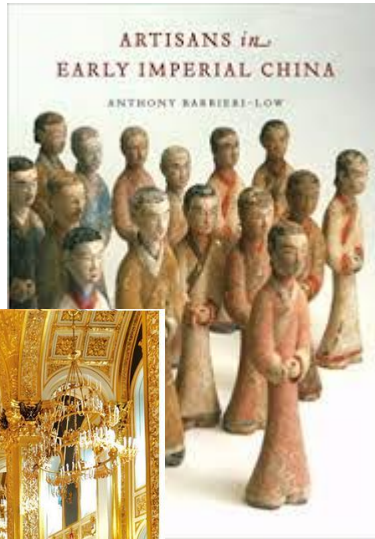
Center on Tao (our true self).

Live life in accordance with Tao.

Encounter, Accept, Gratitude, Repent, Transform

Internal Cultivation

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External Appearance
versus
Internal Essence

Five Money Experiment



What should we strive to do as Tao cultivator in a modern world today?

Center ourselves by meditating using our Three Treasures.

Maintain belief and focus on internal cultivation.

Come to temple often, study scriptures, and continue learning as a **community**.

Be **mindful**, to detect and rid of inappropriate thoughts, e.g. greed, hatred, jealousy, attachments, desires, delusions, etc.

Thoughts → words → actions → habits → character → destiny

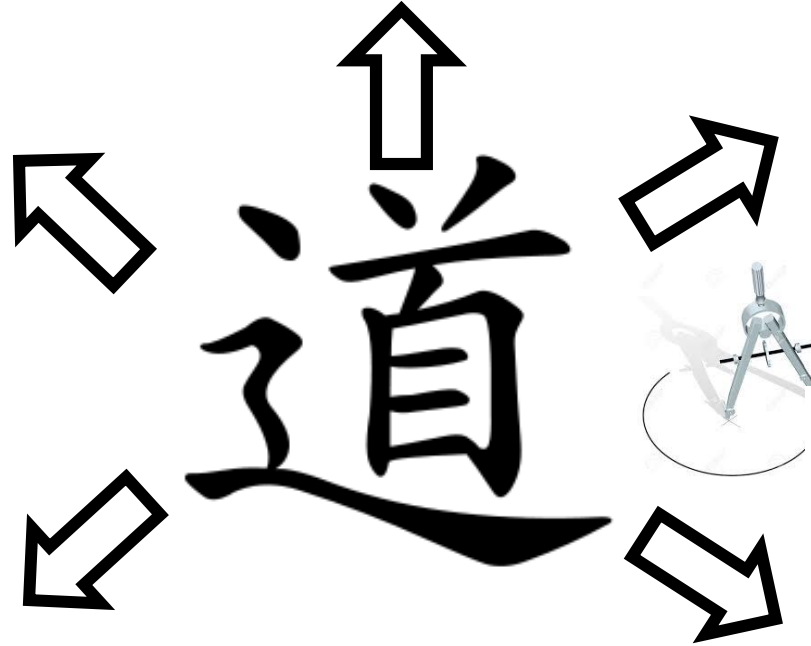
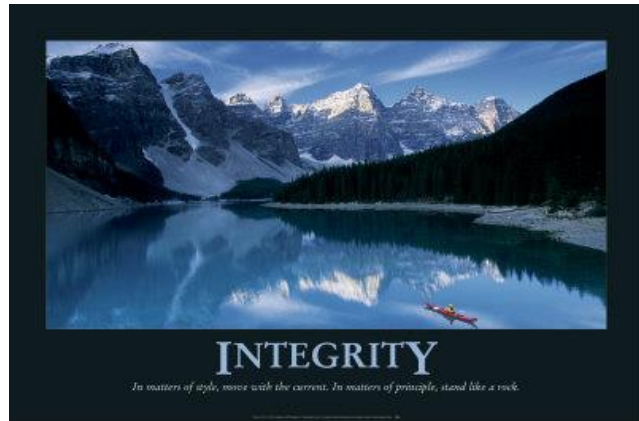
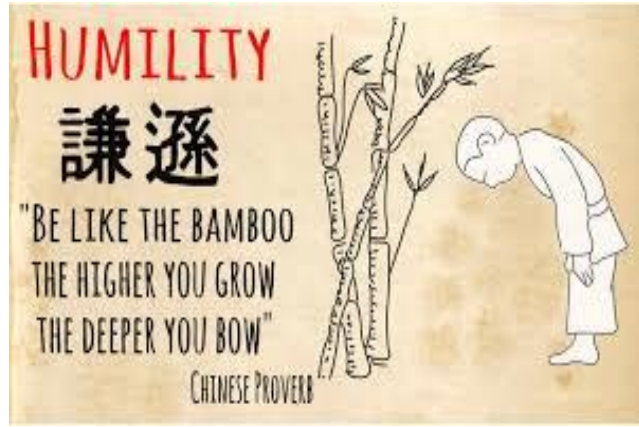
Use encounters in our journey as mirrors to reflect and identify areas where additional cultivations are needed.

Extend blessings to others with a sincere and selfless heart:

Provide resources within own capability

Spread words of positivity, encouragement, and hope

Volunteer to support community



誠
 SINCERITY

PROTECTED 明心老外秘

What should we strive to do as Tao cultivators, especially in a turbulent world?

Each one of us has a mission to contribute to make the world a better place (part of 3 pillars).

As ourselves: Is the decision which I am about make, are the words which I am about to say, and are the actions which I am about take, in accordance with Tao, with my true self, and aligned with what Buddha would do?

As long as our hearts are in a positive and happy place, every thought which we have would place us in heaven, regardless of our whereabouts.



Six Vows in Tao Cultivation

Value sacred over mundane

Give monetary and spiritual contribution

Be a vegetarian and purify own mouth and thoughts

Dedicate oneself to Tao propagation

Establish a Tao temple

Pioneer seeds of Tao in new places