

The background features several realistic water droplets of various sizes, some clustered in the top-left and bottom-right corners, and others scattered across the page. The droplets have highlights and shadows, giving them a three-dimensional appearance.

Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX
De-Guang Temple, Irvine CA
September 12th 2020

onegreatdao.org

Four Great Books in Confucius Holy Teaching Important for Our Spiritual Cultivation

Confucius Analects

Book of Great Learning

Doctrine of the Mean

Book of Mencius



CHERISH ALL WE HAVE



Moral of the story

As we live our life going through our journey in this world, we should not let ourselves become the burden of the world in consuming / wasting precious natural resources.

“君子之行,静以修身,俭以养德” “The cultivation journey of a virtuous person is to realize serenity in cultivating oneself and living life frugally to cultivate virtue.”

Thought for Today

As daily improvement reminder to ourselves, have we lived a more frugal life? Have I wasted resources like water, electricity, food? Am I more conservative in consuming resources than yesterday?



湯之盤銘曰：「苟日新，日日新，又日新。」

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On the bathing tub of First Emperor Cheng Tang (成湯) for Shang Dynasty, the following words were engraved: "As you intend to renovate yourself, do your best to renovate yourself every day and steadily improve yourself day by day." Sage Teaching Kang Hao, "Motivate and mobilize others to renovate themselves." In the Book of Poetry, it is said, "Although the Kingdom of Zhou was an ancient state, the heavenly mandate endowed on the virtuous leaders continues to be renewed." Therefore, the virtuous person always extends the utmost endeavors in daily affairs.

Deeper Dive

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The Shang's Ruling Area Map

Land under the rule of the Shang Dynasty (1600-1046 BC)



Cheng Tang
(成湯)
First Emperor
of Shang
Dynasty

1766 – 1122 BC
644 years

- *Heavenly mandate with great responsibilities endowed upon them by Heavenly Mother*
- *Rule and lead kingdom with virtue, ethics, and integrity to bring peace and harmony to citizens*
- *Daily reminder to motivate self for continuous renewal and cultivation to be more virtuous*

Deeper Dive



苟日新，日日新，又日新 As you intend to renovate yourself, do your best to renovate yourself every day and steadily improve yourself day by day.



It costs \$0 to believe in yourself.

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**WISE PEOPLE
LEARN WHEN
THEY CAN.
FOOLS LEARN
WHEN
THEY MUST.**



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**REMEMBER
WHY YOU
STARTED**



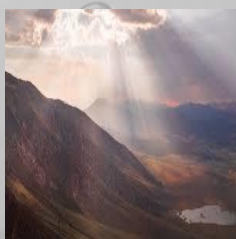
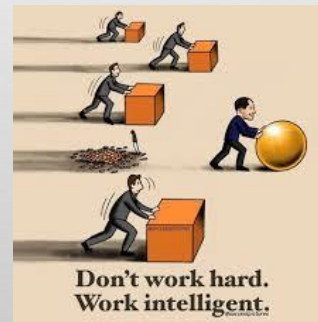
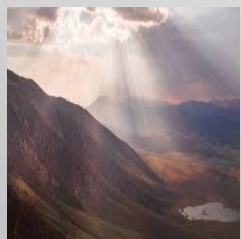
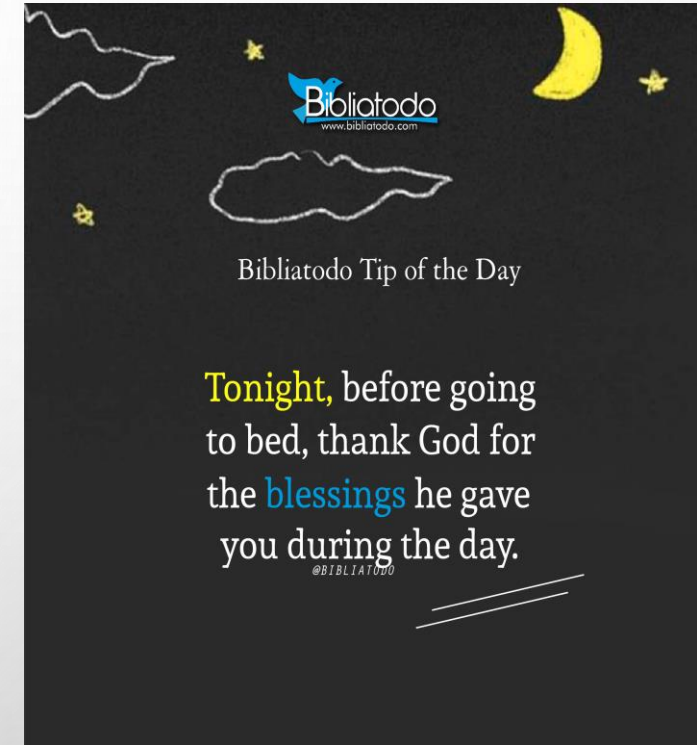
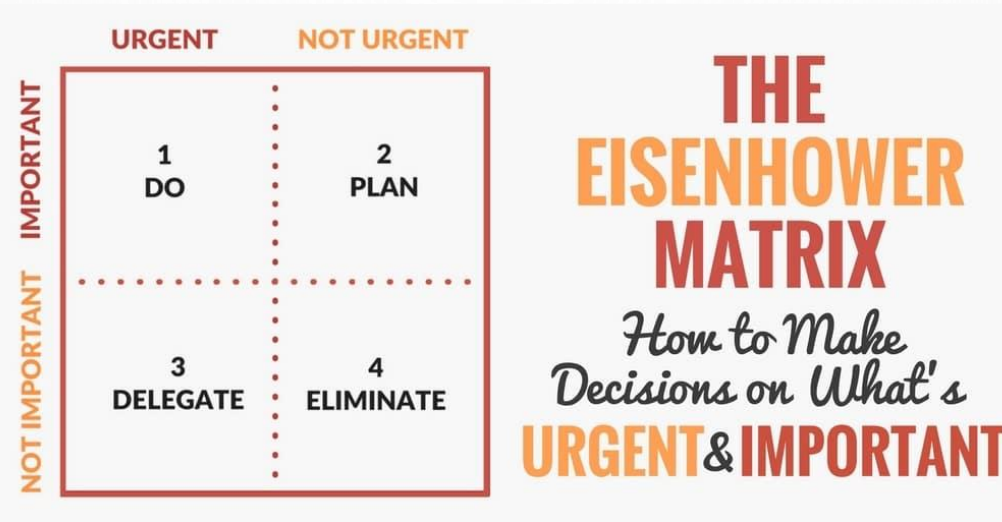
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Be the Best Version of Myself Every Day!!

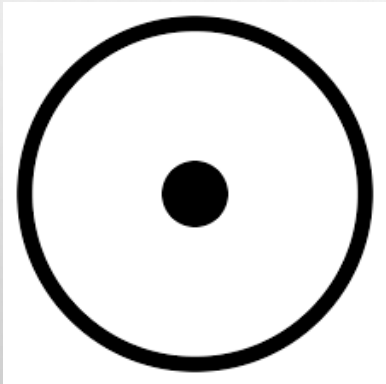
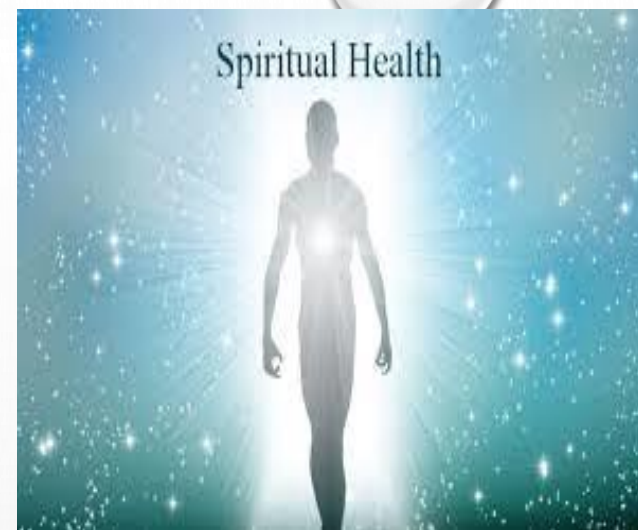
Deeper Dive



苟日新，日日新，又日新 As you intend to renovate yourself, do your best to renovate yourself every day and steadily improve yourself day by day.



Stay in the Zone (The One) to fulfill responsibilities = Tao Cultivation



Bowing
 Zen meditation using
 three sacred treasures
 Balanced plant-based diet
 Exercise (yoga, tai chi)

Bowing
 Zen meditation using
 three sacred treasures
 Gratitude and compassion
 Study holy teachings

Bowing
 Zen meditation using
 three sacred treasures
 Stay close to temples
 Study holy teachings

心淨 | 心靜 | 心敬

Purity in Our Hearts | Serenity in Our Hearts | Profound Respect for Self & Others



A ROCK'S DESTINY



Thought for Today

As part of our cultivation journey when we seek to improve day by day, ask ourselves the following questions:

- Have we associated ourselves with virtuous, positive, wise, and compassionate people?
- Have we acted on the holy teaching in our words and actions?
- Have we kept our spirit up with holy scriptures or inspirational stories?

Deeper Dive



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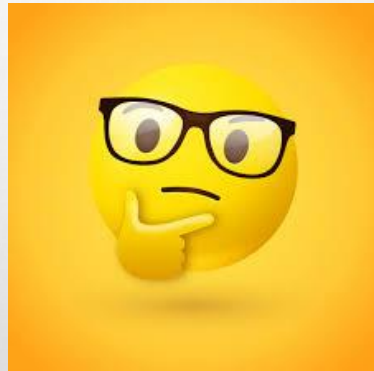
Framework to Transform Our Own Mindset:

Thinking of Jeff Bezos

Pressure comes from affairs or tasks which we have downplayed or neglected.

Stay determined and focused on your goals.
Stay flexible and nimble on details.

We should not be comfortable just living.
We need to have a growth mindset.



ELITES INSIDER

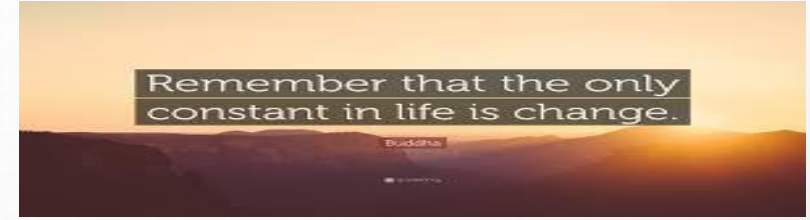
轉變思維模式

要像JEFF BEZOS一樣思考：

- ✓ 壓力來自於你忽視那些你不應該忽視的事情
- ✓ 在願景上要堅持
在細節上要靈活
- ✓ 我們不能一直待在生存模式
我們應該學習進入增長模式

Tao Cultivation = Having A Growth Mindset

We should not be comfortable just living. We need to have a growth mindset.



Pressure comes from affairs or tasks which we have downplayed or neglected.

子曰：「人無遠慮，必有近憂。」 Confucius: If a person takes no thought about what is distant, he/she will find sorrow near at hand.

When one door closes another door opens;
but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.
-Alexander Graham Bell



Stay determined and focused on your goals. Stay flexible and nimble on details.

Tao Cultivation

- Embrace three treasures
- Live life with meaning, purpose, and virtues. Fulfill life responsibilities
- One life of cultivation → nirvana (heavenly promise and blessings)

法無定法 恆順眾生
Be flexible and wise in methods without deviating from the truth to spread Dharma teachings to all Sentient beings



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*THE JOURNEY OF TAO CULTIVATION IS OPEN TO ALL.
MAY YOUR JOURNEY BE FILLED WITH PEACE,
WISDOM, COMPASSION, AND HAPPINESS.*