

The background features several realistic water droplets of various sizes, some with highlights and shadows, scattered in the corners of the page. The largest droplets are in the top-left and bottom-right corners, while smaller ones are scattered throughout.

# Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX  
De-Guang Temple, Irvine CA  
September 19<sup>th</sup> 2020

*[onegreatdao.org](http://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**





湯之盤銘曰：「苟日新，日日新，又日新。」  
《康誥》曰：「作新民。」《詩》曰：「周雖舊邦，其命惟新。」是故君子無所不用其極。

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



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.

foundr



**Cultivate Oneself and Be the Best Version of Myself Every Day!!**

TTC Chapter 48: 為學日益，為道日損。損之又損，以至於無為。無為而無不為。 He who devotes himself to learning seeks from day to day to increase his knowledge; he who devotes himself to the Tao seeks from day to day to diminish his impermanent desires and attachments. He diminishes it and again diminishes it, till he arrives at doing virtuous deeds naturally with no particular intentions. Having arrived at this point of natural action with no intention, there is nothing which he cannot do.



Highly Skilled,  
Self Sufficient,  
Independent, Ability  
to Care for Self,  
Contributor in Society



無凡不養聖 Without support from life's  
resources, harder for us to grow spiritually.  
  
無聖凡不順 Without continued spiritual  
growth, turbulence ahead in life's affairs.



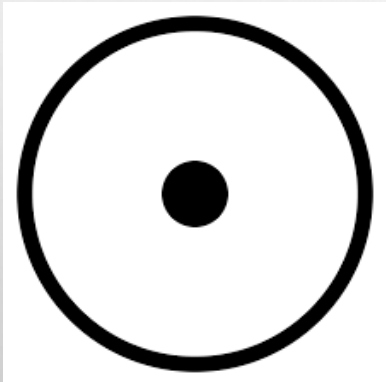
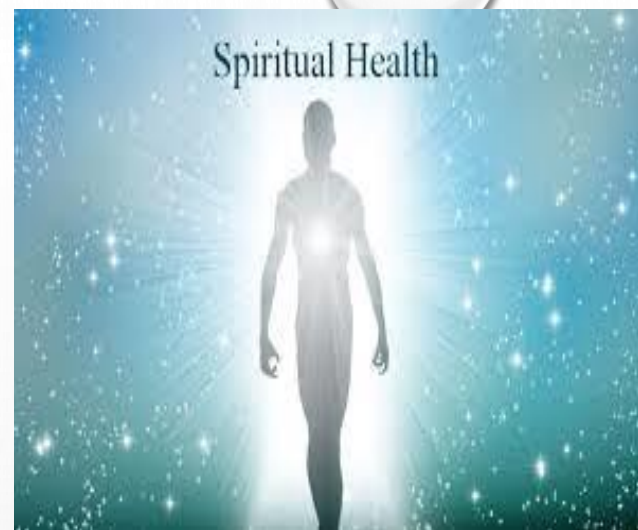
Compassion, Wisdom,  
Righteousness, Content



Selfishness, Jealousy,  
Anger, Us vs Them, etc.



福慧雙修 Cultivate and Grow Virtues and Blessings Together



### 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

Respect others is respecting self. Respecting self is the first step to become selfless.  
Profound respect for our true self and for others (as we are all children of God, are the same  
spiritually, and are future Buddhas in training).



康誥》曰：「作新民。」 Sage Teaching  
Kang Hao, "Motivate and mobilize  
others to renovate themselves."



人道先做好天道才會達成。 Success in Tao cultivation is achieved with our efforts  
to enhance harmony in our inter-personal relationships.



Parents and Children

Affection, Love,  
and Filial Piety



Rulers and Subjects

Benevolence and  
Loyalty



Husband and Wife

Harmony, Respect  
and Faithfulness



Siblings

Precedence,  
Support and Caring



Friends to Friends

Trustworthiness  
and Fidelity

# A TRUE PHILANTHROPIST





## MORAL OF THE STORY

《孝经》故不愛其親，而愛他人者，謂之悖德。

不敬其親，而敬他人者，謂之悖禮。

《BOOK OF FILIAL PIETY》THOSE WHO DO NOT LOVE THEIR FAMILIES, BUT LOVE OTHERS, ARE SAID TO BE UNETHICAL. THOSE WHO DO NOT RESPECT THEIR FAMILIES, BUT RESPECT OTHERS, ARE SAID TO HAVE DISHONOR.

WHY?

FOUNDATION OF BENEVOLENCE STARTS WITH OURSELVES, FULFILLING OUR ROLES AND RESPONSIBILITIES AS A SON/DAUGHTER, AS A PARENT, OR AS A SIBLING

# THOUGHTS FOR TODAY

VIRTUE IS NOT SOMETHING YOU CAN SPEAK OF.  
IT IS TO BE EXPERIENCED THROUGH PRACTICE AND ACTION.

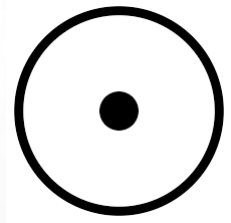
## 《HOLY TEACHER》

ONE WHO MAKES AN ARROW, MUST TRY TO MAKE IT STRAIGHT  
ONE WHO DIGS A TRENCH, MUST ENSURE IT IS UNOBSTRUCTED  
ONE WHO HAS WISDOM, MUST ENSURE MIND IS PURE

老吾老以及人之老,幼吾幼以及人之幼  
己立立人己達達人

LOVE OUR ELDERS AND OTHER ELDERS, NURTURE OUR CHILDREN AND OTHER CHILDREN  
SUCCESSFULLY CULTIVATE ONESELF AND HELP OTHERS CULTIVATE

THIS IS AN IMPORTANT CONCEPT AND MUST BE ESTABLISHED



康誥》曰：「作新民。」 Sage Teaching  
Kang Hao, "Motivate and mobilize  
others to renovate themselves."



**Family and Relatives**

**Professional and Personal Network**



Husband and Wife



Parents and Children



Siblings



Rulers and Subjects



Friends to Friends

**Starting with Focus to Renovate and Cultivate Ourselves Individually**

唯皇上帝降衷於下民若有恆性 God has bestowed on each one of us an everlasting spiritual self.  
道降庶民。 Anyone can receive Tao. 孟子：人人皆可為堯舜。 Mencius: Everyone can be like virtuous  
Emperors Yao and Shuen.

# Purpose of Tao

To venerate Heaven and Earth. To revere divine beings.

To be patriotic and responsible. To be virtuous and courteous.

To honor parents, respect teachers, keep faith with friends, and live harmoniously with neighbors.

To rid of bad habits and seek the good.

To clarify the Five Relationships and Eight Virtues.

To spread the essence of the Five Great Religions.

To follow the practices of the Four Ethical Principles.

To cleanse and purify our thoughts. To utilize illusory world in cultivating the truth.

To restore the nature of our true self. To develop the perfection of our conscience.

To establish oneself and help others in their establishment.

To achieve own goals and help others in their achievement.

To bring peace and harmony to the world.

To transform people's hearts into goodness.

To bring great unity for the world.

Eight Virtues: Filial piety, siblings love, loyalty, truthfulness, propriety, righteousness, integrity, sense of shame.

Four Ethical Principles: Propriety, righteousness, integrity, sense of shame.

# Purpose of Tao

To venerate Heaven and Earth. To revere divine beings.  
To be patriotic and reverent. To be virtuous and courteous.  
To honor parents, revere teachers. To keep faith with friends. To be harmoniously with neighbors.  
To rid of bad habits. To be good.  
To clarify the Five Relations and Eight Virtues.  
To spread the essence of the Five Great Religions.  
To follow the practices of the Four Ethical Principles.  
To cleanse and purify our thoughts. To utilize the Four Cardinal Virtues.  
To restore the nature of our true self. To develop the Four Cardinal Virtues.  
To establish oneself as a leader in their establishment.  
To achieve own goals. To be successful in their achievements.  
To bring peace and harmony to the world.  
To transform people. To be good.  
To bring great unity for the world.

Self  
Cultivation

Harmony in  
Personal  
Relationships

Peace,  
Harmony,  
and Unity in  
Community

Eight Virtues: Filial piety, siblings love, loyalty, truthfulness, propriety, righteousness, integrity, sense of shame.  
Four Ethical Principles: Propriety, righteousness, integrity, sense of shame.

《詩》曰：「周雖舊邦，其命惟新。」 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."



后稷 (Hou Ji) Founding father of Kingdom of Zhou.



1046BC – 256BC



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Ancient Saying: 好不過三代 Good fortunes will not last beyond 3 generations.

From 后稷 (Hou Ji) to Lord Wen, the family lineage continued for 14 generations (~1000 years), with an Emperor in the 15<sup>th</sup> generation. This seems to have contradicted with the ancient saying.

以道德為傳家之寶 The family lineage was passed on from one to the next generation, based on Tao and the principles of Virtue as the family heirlooms.

中庸言：故大德者必受命 Doctrine of the Mean: A person with great virtue will be gifted with heavenly mandate.

以德治國 To rule a Kingdom, the leader must lead its citizens with great virtues.

**What did Confucius say about virtue?**



《詩》曰：「周雖舊邦，其命惟新。」 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."

子貢問君子。子曰：「先行其言，而后從之。」  
Tsze-kung asked what constituted a virtuous person. Confucius replied: One acts before one speaks, and afterwards speaks according to one's actions.

子曰：「古者言之不出，恥躬之不逮也。」  
Confucius: The reason why the ancients did not readily give utterance to their words, was that they feared that their actions could not come up to their words.

### 知行合一 Congruency between Words and Actions

子路問「成人」。子曰：「今之成人者，何必然？見利思義，見危授命，久要不忘平生之言；亦可以為成人矣！」  
Tsze-Lu was asking Confucius about virtuous person. Confucius replied: What constitutes a virtuous person today? **When faced with gains, first contemplate about just and righteousness. When faced with danger to save others, be willing to put self at risk to save others. Even if it has been a long time since a commitment was made, maintain and follow through to fulfill commitments.** These three actions constitute a virtuous person.

忠 Loyalty | 義 Righteousness | 信 Trustworthiness



# SELF REALIZATION



# MORAL OF THE STORY

ONE WHO ATTAINS REALIZATION AND SINCERELY REPENT CAN BECOME  
BUDDHA / SAGE / SAINT / DEITY

TO INSPIRE LOST SOUL REQUIRES COMPASSION, WISDOM, AND PATIENCE  
TRUE CULTIVATOR NEEDS TO PRACTICE BENEVOLENCE, ACCOMMODATION,  
AND GREAT WISDOM TO NOT ONLY BENEFIT ONESELF BUT ALSO INSPIRE  
OTHERS

# THOUGHTS FOR TODAY

WHAT IS THE GREATEST LOVE?

BENEVOLENCE

GENEROSITY TOWARDS ALL SENTIENT BEINGS

ACTS SELFLESSLY BENEFITTING OTHERS

**LOVE WITHOUT BENEVOLENCE BECOMES OFF-CENTERED, OBSESSIVE, AND  
SELFISH KIND OF LOVE.**

**BENEVOLENCE WITHOUT LOVE BECOMES EMPTY WORDS, INSINCERE, AND  
UNTRUE.**

是故君子無所不用其極。 **Therefore, the virtuous person always extends the utmost endeavors in daily affairs.**



*Person in Tao just like Fish in Water:*  
Live life with Tao and be our best every day!!

福慧雙修 Cultivate and Grow Virtues and Blessings Together

Success in Tao cultivation = Harmony in our inter-personal relationships.

Love our elders and other elders, nurture our children and other children  
Successfully cultivate oneself and help others cultivate

Practice benevolence, trustworthiness, and wisdom to benefit oneself and inspire others.

知行合一 Congruency in words & actions.  
忠 Loyalty | 義 Righteousness | 信 Trustworthiness



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