

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 26th 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





所謂誠其意者，毋自欺也，如惡惡臭，如好好色，此之謂自謙，故君子必慎其獨也！ What is meant by "making own thoughts sincere." is to allow no self-deception, as when we dislike a bad smell, and as when we favor what is beautiful. This is called peace with self. Therefore, a virtuous person must be watchful over oneself when alone! 小人閑居為不善，無所不至，見君子而後厭然，掩其不善，而著其善。 There is no evil to which a less virtuous person, while dwelling alone, will not proceed; but when seeing a virtuous person, one instantly tries to disguise oneself, concealing one's evil and displaying what is good. 人之視己，如見其肺肝然，則何益矣！此謂誠於中，形於外，故君子必慎其獨也。 When people see that person, as if they see his inside (lungs and liver), of what use is the disguise? This reflects the saying, "What truly is within will be manifested externally." Therefore, the virtuous person must be watchful over oneself when alone. 曾子曰：「十目所視，十手所指，其嚴乎！」富潤屋，德潤身，心廣體胖，故君子必誠其意。 The disciple Zeng said, "What ten eyes observe, what ten hands point to, is to be regarded with reverence!" Riches adorn a house, and virtue adorns the person. Our heart is broadened, and our body is at ease. Therefore, a virtuous person must focus to make one's thoughts sincere.

所謂誠其意者，毋自欺也，如惡惡臭，如好好色，此之謂自謙，故君子必慎其獨也！ What is meant by "making own thoughts sincere." is to allow no self-deception, as when we dislike a bad smell, and as when we favor what is beautiful. This is called peace with self. Therefore, a virtuous person must be watchful over oneself when alone!



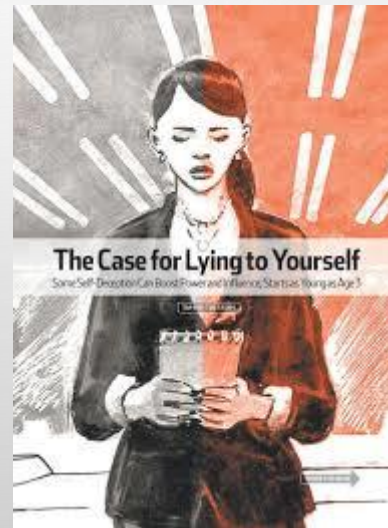
What's your preference?

Be True to Self and Others.

對自己或別人一定要誠實謹慎

Watch over Self When Alone !!

戰戰兢兢，如臨深淵，如履薄冰



Be True to Own Spiritual Self → Positive Energy, Peace, & Happiness

顏淵問「仁」。子曰：「克己復禮，為仁。」 Yan-Hui asked Confucius about perfect virtue (Tao). Confucius: **He who is able to subdue his selfish self and exhibit propriety has Tao.**

顏淵曰：「請問其目？」 Yan-Hui: I beg to ask the steps of that process.

子曰：「非禮勿視，非禮勿聽，非禮勿言，非禮勿動。」 Confucius: **Observe not what is contrary to propriety; listen not to what is contrary to propriety; speak not what is contrary to propriety, and act not to which is contrary to propriety.**



Discover True Self.

Live life while Centered on True Self.

**Continue Cultivation to Achieve
Mental Peace and Mastery Naturally
Over Time!!**



Distraction and procrastination aren't evidence of a character flaw. They also aren't caused by some evil plot by tech companies. They are caused by our inability to deal with uncomfortable sensations like boredom, stress, and anxiety.

Indistractable

NirAndFar.com

Through Cultivation, learn and master the techniques of using our Three Sacred Treasures, coupled with studying scriptures, self reflection, and life experience to grow and develop for peace and happiness.

小人閑居為不善，無所不至，見君子而後厭然，掩其不善，而著其善。 There is no evil to which a less virtuous person, while dwelling alone, will not proceed; but when seeing a virtuous person, one instantly tries to disguise oneself, concealing one's evil and displaying what is good. 人之視己，如見其肺肝然，則何益矣！此謂誠於中，形於外，故君子必慎其獨也。 When people see that person, as if they see his inside (lungs and liver), of what use is the disguise? This reflects the saying, "What truly is within will be manifested externally." Therefore, a virtuous person must be watchful over oneself when alone.



Be True to Own Spiritual Self → Basis of Meaningful Cultivation

10 EVIL DEEDS

10 VIRTUOUS DEEDS

1. Killing and harming others **BODY**
2. Stealing or taking what is not given
3. Inappropriate sexual relations

1. Affirm, preserve, and cherish all life.
2. Generosity. Do not steal.
3. Honor our body and others.

4. Lying
5. Divisive speech
6. Vulgar speech
7. Gossip

MOUTH

4. Speak truthfully. Do not lie.
5. Speak supportively and constructively. Do not speak of others' faults.
6. Speak gently and fairly. Do not elevate the self and abuse others.
7. Speak meaningfully.

8. Covetousness and envy
9. Harmful intent and malice **MIND**
10. Unrealistic views

8. Give generously, selflessly, and sincerely.
9. Actualize harmony and peace.
10. Actualize innate wisdom.

Decrease and Eliminate

Grow and Develop

THE BEST HOUSE



MORAL OF THE STORY

ONE OLD SAYING, “IRIS AND ORCHID, GROWING IN THE WILD, WOULD NOT FADE ITS AROMA BECAUSE NO ONE IS AROUND. A NOBLE PERSON WHO’S DETERMINED TO CULTIVATE WOULD NOT CHANGE HIS COURSE BECAUSE OF POVERTY OR ADVERSITY.”

WHEN WE FACE ADVERSITY OR TEMPTATION, CAN WE STILL CONTINUE TO GUIDE OUR MOTIVES, WORDS, AND ACTIONS WITH OUR RIGHTEOUS CONSCIENCE?

THOUGHTS FOR TODAY

《HOLY TEACHER》

LESS VIRTUOUS PERSON WILL LET HIS HEART BE GUIDED BY WHAT HE SEES OR HEARS. A NOBLE PERSON WILL USE HIS CONSCIENCE TO GUIDE HIS HEART WITH WHAT HE SEES OR HEARS, NOT SWAYED BY TEMPTATION, ENVIRONMENT OR ADVERSITY, AND STAYS DETERMINED THROUGH THE COURSE OF CULTIVATION.

ONE CAN BE SAID TO SEE THROUGH LIFE, IF ONE IS NOT AFFECTED BY INSULTS.

ONE CAN BE SAID TO BE A GREAT CULTIVATOR, IF ONE IS NOT ANGERED OR REJOICED BY OTHERS.

曾子曰：「十目所視，十手所指，其嚴乎！」富潤屋，德潤身，心廣體胖，故君子必誠其意。 The disciple Zeng said, "What ten eyes observe, what ten hands point to, is to be regarded with reverence!" Riches adorn a house, and virtue adorns the person. Our heart is broadened, and our body is at ease. Therefore, the virtuous person must focus to make one's thoughts sincere.

Honor and respect our own conscience, as children of Heavenly Mother.

暗室亏心 神目如电 人间私语 天聞如雷 Our own conscience is watching over our every thoughts, words, and deeds. Hence, we feel uneasy and ashamed after being less virtuous. We could fool others, but not own conscience or Heavenly Mother.

Bible: 岂不知你们的身子就是圣灵的店吗? Don't you know that your body is the temple of the holy spirit in us?

Lao Tzi: 身有灵台 Holy spirit is in each one of us.

Buddha: 自心是佛 Our holy spirit is the same as Buddha.

诚于中形于外 Our sincerity within gets manifested externally. 相随心转 Our appearance evolves based on purity of our heart.

洁身自好 清心寡欲 自戒自律 言行合一
Care and maintain health, purity, and simplicity in our mind and body. Be self aware and self disciplined. Strive to achieve unity between words and actions.

MY BOSS WON'T ALLOW



Woodrow Wilson
28th U.S. President



元朝 (1280) - 许衡 Xu Heng
Educator and Philosopher

MORAL OF THE STORY

ALEXANDER THE GREAT - OVERCOMING YOURSELF IS HARDER THAN CONQUERING THE WORLD

OUR OWN CONSCIENCE IS LIKE OWN SUPERIOR COURT THAT JUDGES RIGHT FROM WRONG

WE MUST BE STRICT WHEN EXAMINING OUR MOTIVES, WORDS AND ACTIONS

WE OFTEN FORGIVE OURSELVES MORE THAN FORGIVING OTHERS AND WE OFTEN DECEIVE OURSELVES
MORE THAN BEING DECEIVED BY OTHERS

THOUGHTS FOR TODAY

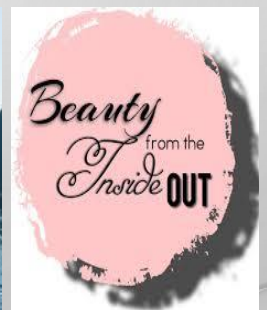
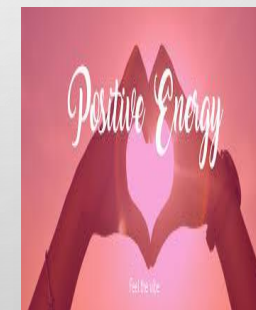
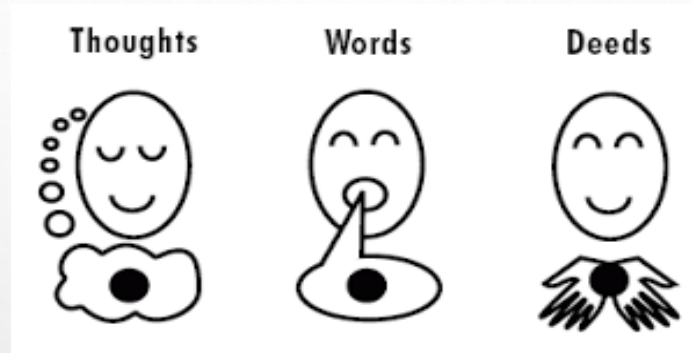
《HOLY TEACHER》

CONSCIENCE AND RATIONALITY ARE TWO SIDES OF THE SAME COIN.

WE USE OUR CONSCIENCE TO GUIDE US ON WHAT TO DO AND WHAT NOT TO DO.

IF OUR MOTIVES, WORDS AND ACTIONS ARE NOT GUIDED BY OUR CONSCIENCE, THEN EVEN WITH THE BEST LAW AND ORDER, WE WOULD NOT BE INSPIRED TO DO GOOD DEEDS; THEN EVEN WITH THE MOST CRUEL PUNISHMENTS, WE WOULD NOT WATCH OVER OURSELVES ABOUT THE EVIL THOUGHTS.

曾子曰：「十目所視，十手所指，其嚴乎！」富潤屋，德潤身，心廣體胖，故君子必誠其意。 The disciple Zeng said, "What ten eyes observe, what ten hands point to, is to be regarded with reverence!" Riches adorn a house, and virtue adorns the person. Our heart is broadened, and our body is at ease. Therefore, the virtuous person must focus to make one's thoughts sincere.



Have Sincere Thoughts on Tao and Self → Key to Cultivation



SUMMARY OF KEY TAKEAWAYS



**Be True to
Own Spiritual
Self → Basis
of Meaningful
Cultivation**

**Be True to
Own Spiritual
Self →
Positive
Energy, Peace,
& Happiness**

**Have Sincere
Thoughts on
Tao and Self
→ Key to
Cultivation**



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



所謂誠其意者，毋自欺也，如惡惡臭，如好好色，此之謂自謙，故君子必慎其獨也！ What is meant by "making own thoughts sincere." is to allow no self-deception, as when we dislike a bad smell, and as when we favor what is beautiful. This is called peace with self. Therefore, a virtuous person must be watchful over oneself when alone! 小人閑居為不善，無所不至，見君子而後厭然，掩其不善，而著其善。 There is no evil to which a less virtuous person, while dwelling alone, will not proceed; but when seeing a virtuous person, one instantly tries to disguise oneself, concealing one's evil and displaying what is good. 人之視己，如見其肺肝然，則何益矣！此謂誠於中，形於外，故君子必慎其獨也。 When people see that person, as if they see his inside (lungs and liver), of what use is the disguise? This reflects the saying, "What truly is within will be manifested externally." Therefore, the virtuous person must be watchful over oneself when alone. 曾子曰：「十目所視，十手所指，其嚴乎！」富潤屋，德潤身，心廣體胖，故君子必誠其意。 The disciple Zeng said, "What ten eyes observe, what ten hands point to, is to be regarded with reverence!" Riches adorn a house, and virtue adorns the person. Our heart is broadened, and our body is at ease. Therefore, the virtuous person must focus to make one's thoughts sincere.

The Prajñapāramitā sutras and a large number of other Mahāyāna texts list six perfections:

1. Dāna pāramitā: generosity, giving of oneself (布施波羅蜜)

2. Śīla pāramitā: virtue, morality, discipline, proper conduct (持戒波羅蜜)

3. Kṣānti pāramitā: patience, tolerance, forbearance, acceptance, endurance (忍辱波羅蜜)

4. Vīrya pāramitā: energy, diligence, vigor, effort (精進波羅蜜)

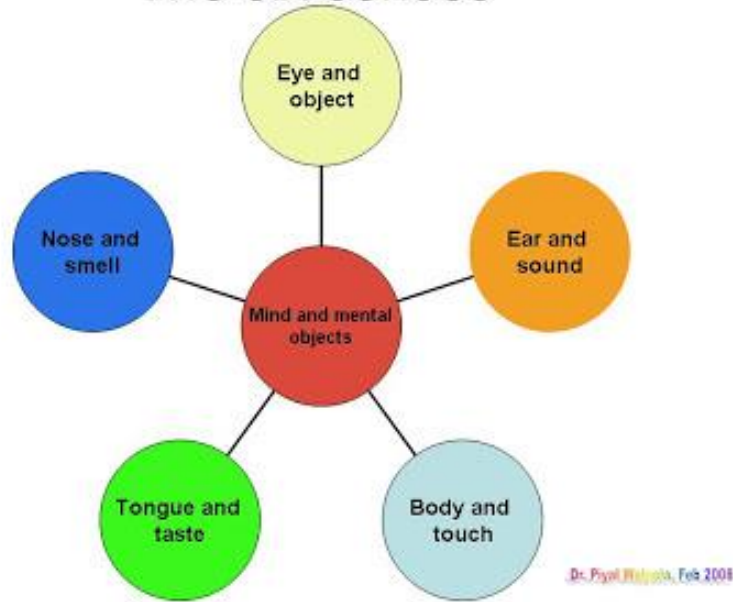
5. Dhyāna pāramitā: one-pointed concentration, contemplation (禪定波羅蜜)

6. Prajñā pāramitā: wisdom, insight (般若波羅蜜)

Holy Teaching teaches us to guard the doors of the six senses.

When we see beautiful figures and colors with our eyes, when we hear pleasant sounds with our ears, when we smell fragrance with our nose, or when we taste sweet things with our tongue or touch soft things with our hands, **we are not to become attached to these attractive things, neither are we to be repulsed by unattractive things to keep our minds and bodies pure. Those who seek Enlightenment must transcend both of them and be free of worldly attachments.**

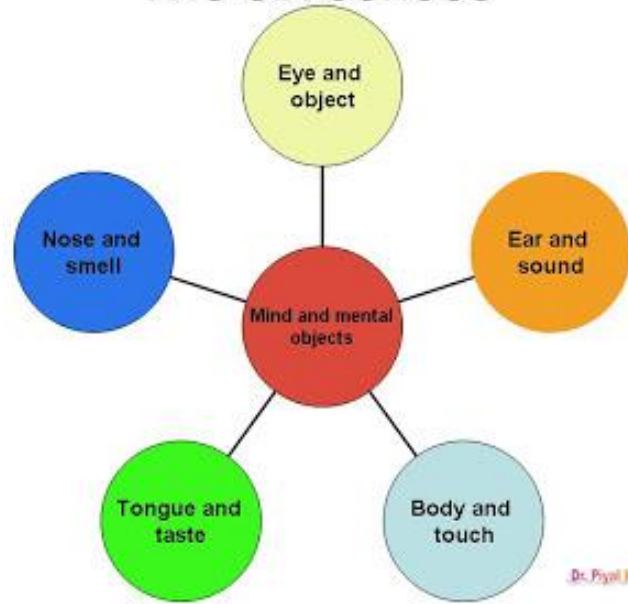
The six senses



The term "six sense objects" refers to those objects which are cognizable by the six sense organs: the eye, ear, nose, tongue, body, and mind.

The six sense objects are just like dust that can pollute our True Self, which is why they are also called the "six dusts." The six sense objects can generate the afflictions of greed, anger, and ignorance.

The six senses



Dr. Piyal Mahapatra, Feb 2008



REACT

or

RESPOND

Gaur Gopal das

www.mimimedia.com