

Weekly Tao Spiritual Discussion Holy Teaching

De-Guang Temple, Irvine CA
Pu-Guang Temple, Plano TX
February 27th 2021

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



Holy Scripture Readings for This Week

大学原文

Translation of Original Text in the Book of the Great Learning

《詩》云：「瞻彼淇澳，
菉竹猗猗。有斐君子，如
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子，終不可諠兮！」

In the Book of Poetry, it is said, "Look at that winding course of the River Qi, with the green bamboos so luxuriant. Such sights lead me to think of our elegant, wise, and noble leader. Cutting and filing, chiseling and grinding, the noble leader cultivates self to be disciplined and perseverant, dignified and transparent with a classy demeanor. Such elegant, wise, and noble leader will never be forgotten."

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awareness, caution, focus & correction.

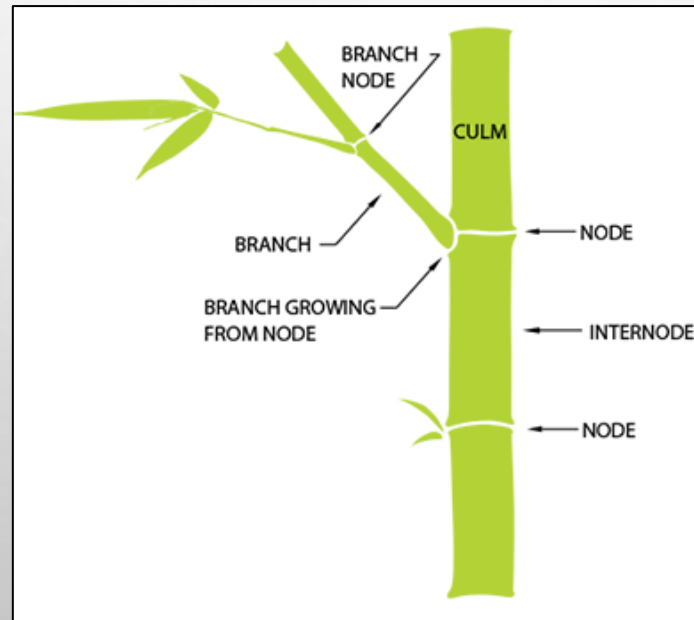
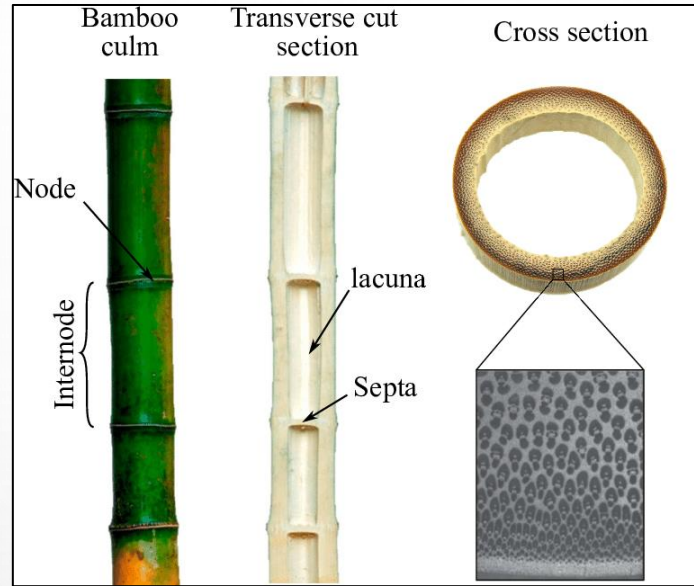
“Being dignified & transparent with a classy demeanor” indicates an awe-inspiring deportment.

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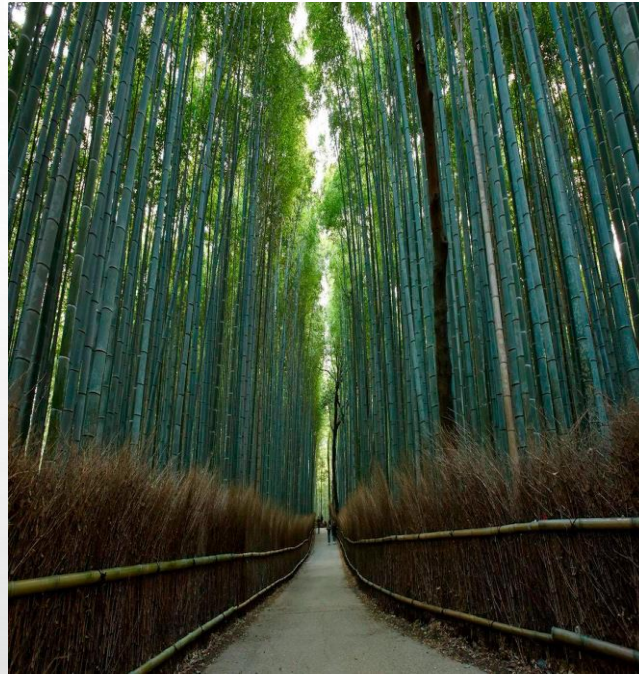


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River Qi in Shanxi Province, Northern China



Sagano Bamboo Forest in Kyoto

Power of Nature

Spend Time to Connect with Nature

Think of elegant, wise, and noble leaders

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"Our elegant, wise, and noble leader will never be forgotten," indicates how, when **virtue is complete and excellence extreme, the people will not forget such leader.**

Why?

In the Book of Poetry, it is said, "Ah! The former noble kings are not forgotten." **Future noble leaders respect what the previous noble kings respected and love what they loved. The citizens live in great harmony and are benefited by their beneficial arrangements created by the noble kings and leaders.** It is on this account that the former noble kings, after they have moved on from their posts, are not forgotten.

Legacy:

Virtuous Words and Deeds

Sincere and Authentic Intention

More Selfless

Cultivation:

Perfecting Own Virtues

Fulfilling Own Responsibilities

Harmonizing Relationships

Domains for Legacy Building:

Family

Spiritual (Tao Cultivation)

Professional

Holy Scripture Readings for This Week

“Cutting and Filing:”
The way of learning.

“Chiseling and Grinding:”
The way of self cultivation.

Qualities
Exhibited by
Noble and
Virtuous Person

“Disciplined & Perseverant:”
**The way of heightened level
of self awareness, caution,
focus & correction.**

**“Dignified & Transparent
with a Classy Demeanor:”**
Awe-inspiring deportment.

“Cutting and Filing”: The Way of Learning

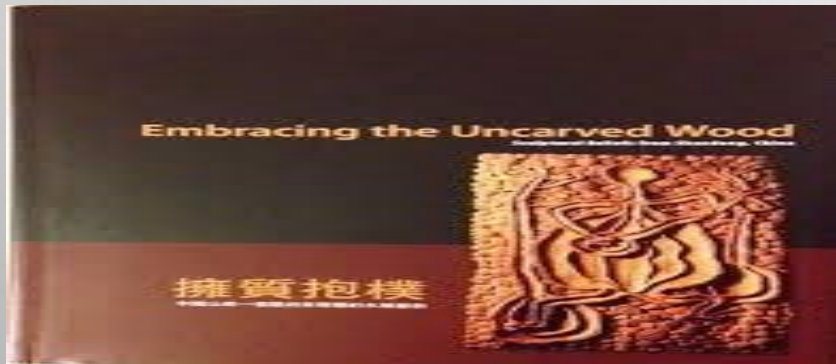


The more we cultivate, what do we lose?

GREED



Round off rough edges. More clear understanding of ourselves and triggers. Reduce ego and pride. May appear dull on surface. Inside, fully aware and wise.



Okay to have temporary setbacks or detours. Heavenly blessings with us at all times, as we are all Angels from Heaven in this impermanent world.

“Chiseling and Grinding”: The Way of Self Cultivation

What is the key message in Holy teaching?

Key Message: Our Attitude in Cultivation.
Determined, closed calibrated, with attention to detail.
Especially with our thoughts and emotions, the
triggering conditions, and our uncultivated responses.

Pause, Observe, then Proceed (POP).

Practice Zen meditation using Three Treasures.
Be more mindful, aware, and cautious.
Heavenly Blessings with Us Always.



“Disciplined and Perseverant”: The Way of Heightened Level of Self Awareness, Caution, Focus & Correction

What is the key message in Holy teaching?

Self Discipline:

Key Ingredient for Higher Level of Self Awareness, Focus, and Self-Imposed Guard Rail

Perseverant:

Key Ingredient for Sustained Growth and Development, to Recalibrate and Course Correct by Self

紀律，如果想得比較徹底，應該不是壓迫性的命令所形成的，而是深思熟慮後的自我要求，然後變成自己的習慣。」把「紀律」兩字演繹成心目中的「自律」。

Remark from a CEO: Discipline, after thinking through it deeply, should not be created by simply following strict orders or commands. Instead, discipline only happens and is sustained after some deep and thoughtful introspection, driven by self-demand, to become part of our own habit. Hence, instead of discipline, he practices self-discipline consistently (to achieve success in life).

Self Discipline: Key to Continue, Sustain, and Complete Our Cultivation Journey in Life.

Overcoming Obstacles



Moral of the Story

Often times, our toughest obstacle and the biggest enemy is ourselves.

We easily blame others without self reflections. We easily forgive ourselves without forgiving others.

It is hard to understand others. It is even harder to understand oneself.

Thoughts for Today

《Holy Teacher》

Human is a complicated animal who has difficult time understanding oneself.

In an analogy to sky, human heart is seldom blue sky without a cloud. It often is covered up by gray clouds of greed, hatred, and ignorant. It also often sustained stormy weather and could not see the daylight. Why? It is because one did not find the Truth, the Way to truly understand oneself.

自知 Understanding True-Self would allow one to truly face internally one's strengths and weaknesses. With true understanding and awareness, one can further strengthen one's strengths, one can correct and improve one's weaknesses. Hence, the meaning of Self-aware.

“Dignified & Transparent with a Classy Demeanor”: Awe-Inspiring Deportment

Awe-Inspiring Deportment 儀態 and Dignified and
Transparent with a Classy Demeanor.

Where does it originate from?

Our True Self.

How?

We lose our pride, ego, anger, greed, and attachments.

We become more mindful with our thoughts, words, & actions and get better at self-recalibration.

We practice self-discipline to continue and grow in Tao cultivation.

As we cultivate and grow, we become more authentic, genuine, kind, and compassionate.

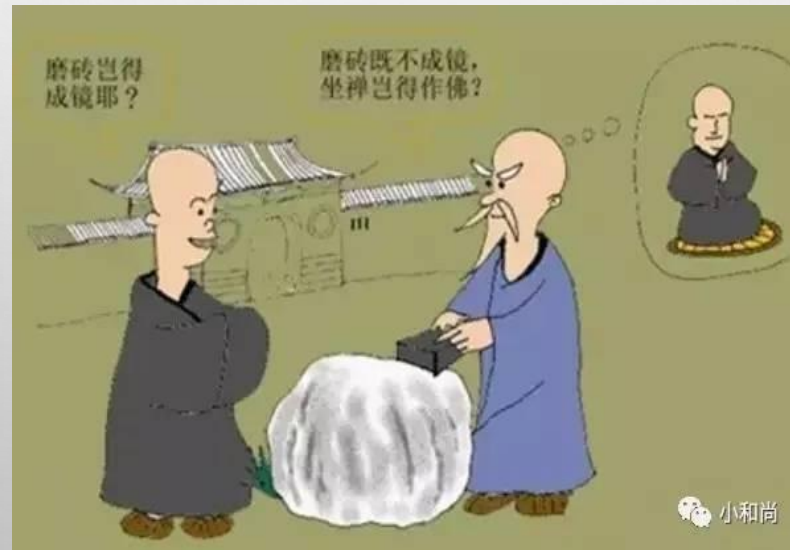
The internal growth will become transparent in our deportment.

All of these done with our hard work, focus, and determination, backed by Heavenly Blessings.

After receiving Tao, we find our True Self and center on our True Self.

By finding our True Self coupled with our cultivation effort and Heavenly Blessings, we will have lived a meaningful and happy life, before returning to Heaven.

BEAT CART OR BEAT COW



Moral of the Story

If our True-Self is the ox and the cart is the physical body, we would beat up the ox to move the cart forward, not the cart.

Sitting meditation is only a physical formality if one does not learn the true meaning of meditation.

“外離相即禪，內不亂即定” - Externally detachment from common mortals' behaviors patterns or perception is Zen. Internally not chaotic is tranquility from within.

Purpose of zen meditation is to center on our True-Self. Centering on our True-Self can only be achieved by realizing our True-Self, not by the physical formality of sitting quietly.

Thoughts for Today

《Holy Teacher》

People often pursuit the impermanent happiness as true happiness but instead obtain a lot of pains and sufferings. Some are not even aware and live with delusions. Troubles come from ignorance, delusion, heart of attachment, and desires.

One who's ignorance, unable to differentiate the truth.

One who's delusional, unable to recognized True-Self.

One who's stubbornly attached, unable to free from any forms.

One who's full of desires, unable to stay genuine.

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

The truly virtuous person can send away such wicked people and banish them, driving them out to the barbarous tribes far away to not dwell along in the Middle Kingdom.

This is in accordance with the saying, "It is only the truly virtuous person who loves his citizens wholeheartedly can keep the wicked ones far away from the people."



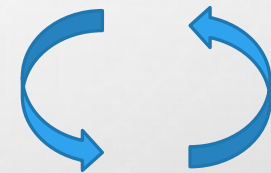
Our True Self
1. Wisdom
2. Compassion
3. Courage



1. Self Virtue Growth
2. Self Precept
3. Master of Own Mind
4. Build up in Perseverance & Determination in Self
5. Vow Fulfillment



Leaders:
Benevolent 仁
Fair
Empowering
Empathetic



Members:
Righteous 义
Loyal
Skilled
Courageous



Acceptance
Praise
Reward
Partner
Grow
Inclusive
Sharing

Find Your True Self. | Connect with Heavenly Mother. | Live to Cultivate

師尊慈悲：徒兒每個人都有看清別人的能力，但是缺乏看清自己的本事。當你沒有辦法看清自己、改變自己，徒兒，你絕對沒有辦法要求別人！是不是呢？
（是）所以真正難的是要求自己的部份！

從求道修道以來，你對天道、在道場上行瞭多少？在人道上盡瞭多少？在家庭中你是父母親的孝子嗎？在你們的鄰里中，左鄰右舍有說你是個好人瞭沒有？在兄弟姐妹中，你們相親相愛瞭沒有？在生意場上朋友交際應酬上，你們信用瞭沒有？

你們現在所做的功課是培養你們的內德，這培養內德為師再提醒你，就不是只為了你自己，不為了你自己，是為了更多、更多的眾生，