



Weekly Tao Spiritual Discussion Holy Teaching

De-Guang Temple, Irvine CA
Pu-Guang Temple, Plano TX
March 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 Teaching in Book of Great Learning

《康誥》曰：
「如保赤子」，
心誠求之，雖
不中不遠矣。

In the Announcement to Kang, it is said, "Live as if you were watching over an innocent and pure child." With a sincere heart and intention to protect your pure child, though you may not hit the center precisely, you will not be far from it.

Holy Scripture Readings for This Week

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Live: Live life. | Pure and innocent child: Symbolism for our True Self.

Live as if you were watching over an innocent and pure child:
Live life, safeguarding & protecting our True Self, from all elements of life.

Such that we maintain a sense of balance, contentment, gratitude, compassion, peace of mind, mindfulness, and wisdom through life

Life – One Life Time

BIRTH



AGING

ILLNESS



DEATH



Life – A Typical Work Day

Wake up → Clean up → Pray & Meditate → Eat breakfast → Work (breaks) →
Eat lunch → Work (breaks) → Pray & Meditate → Eat dinner → Work / Study /
Exercise / Personal Errands → Clean up → Sleep

Daily Grind
Day in and Day out

Boundaries
More Blurred
due to COVID

Time Flies By
Unknowingly

How does Tao Cultivation relate to life?

Relationship of Tao and Typical Work Day

Wake up → Clean up → Pray & Meditate → Eat breakfast → Work (breaks) →
Eat lunch → Work (breaks) → Pray & Meditate → Eat dinner → Work / Study /
Exercise / Personal Errands → Clean up → Sleep



Before getting up

- Practice deep breathing.
- Grateful for another day.
- Tell self: Today, I'll be xxx.



After getting out of bed

- Quickly make my bed.
- Wish Good Morning 2 others.
- Smile at self in mirror.
- Clean up, weigh self, & dress up.
- Drink a glass of warm water.



- Pray and meditate.
- Eat a healthy breakfast.
- Quickly check emails.
- Prepare water bottle.
- Start working

Tone in Morning Sets Tone for Rest of Day Every Day.

**Gratitude, Optimism, Focus, & Balance with our best self to fulfill our responsibilities:
Tao Cultivation in Every Day Life (Example Morning Routine – For Reference Only)**

How does Tao Cultivation relate to life?

Living life while being centered on our True Self.

Fulfilling our duties and responsibilities to the best of our capabilities using our True Self.

Holy Teachings from Ji-Gong Buddha:

We do not need to take credit in life. Living life while making no faults is credit.

When interacting with others, we do not need to ask for appreciation to grow our virtues. Having no complaints from others is building virtue.

With gratitude, persistence, and heart of compassion to love and encourage ourselves and others.



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Live life, safeguarding & protecting our True Self, from all elements of life,

What are some of the things we could incorporate as a Tao cultivator?

- Practice Zen meditation using our three sacred treasures regularly.
- Come to Tao center regularly and do bowing / praying together.
 - Eat plant-based diet. No smoking or drinking.
- Study holy scriptures, reflect on teachings, and incorporate into daily life.

Help us experience our true self & stay close to Tao, so we could live life with more wisdom, happiness, mindfulness, balance, gratitude, & kindness.

Holy Scripture Readings for This Week

心誠求之，雖不
中不遠矣。

With a sincere heart and intention to protect your pure child, though you may not hit the center precisely, you will not be far from it.

Maintain our Sincere Heart to stay connected with our True Self in Life,
To help us with more balance, contentment, gratitude, compassion, peace of mind, & wisdom in life.

Holy Teaching from Ji-Gong Buddha

◎你讓你的心境能夠提昇，讓你的心清靜下來就有功，而不一定要做多少善事，真正的功是在於你自性的圓滿。 Merits in Tao cultivation comes from our progress to elevate our perspectives in life (with all elements of life) and settle down our wandering hearts. Merits do not necessarily come from the amount of virtuous deeds which we have done. True merits in Tao cultivation come through the degree of perfection in our True Self through life.

Our Two Own Potential Disruptors to Our True Self



Tao cultivation: Get rid of bad tempers and correct own faults.

Questions to Ponder

When we hear a different, may be opposing opinion from ours, how does that make us feel?

When we realize we have committed faults, how does that make us feel?



Holy Teaching from Ji-Gong Buddha

我們不管別人如何的對錯，在我們的心中得要拿定主意，安定心神，守好自己的本份，盡心盡力去做。我們不批評別人如何，只要問自己：「問心無愧否？」

How should we deal with the actions from others? As long as we maintain our overall direction in Tao, stay centered on Tao to settle down our wandering heart and thoughts, stay true to our own roles and duties, and do our best to fulfill our responsibilities, we do not need to criticize others or what others do. We just need to ask ourselves, “Do I have clear conscience with my own words and actions?”

Tao of Cultivation



Moral of the Story

诸恶莫作, 众善奉行

“Don’t commit any bad deeds. Do any good deeds.”

The Truth is invaluable because it is plain and simple. Therefore
Truth can withstand the test of time.

Simple Truth, hard to exercise. Why?

Thoughts for Today

《Holy Teacher》

What does it mean “do not do any bad deeds?”

No killing means benevolence 仁, it means do not take other's life.

No stealing means righteousness 义, it means do not take what's not ours.

No obscenity means propriety 礼, it means do not violate other's body.

No lying means trust 信, it means do not assault other's reputation.

No meat and alcohol means wise 智, it means do not abuse our own
wisdom (True-Self).

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Live life with a clear conscience (Tao).

Holy Teaching from Ji-Gong Buddha

◎一個真修道的人，他會將自己的本業做好，不奇巧、不貪術、不戀權力，時時感恩懺悔，這才是正業，才不會荒唐造下無邊無際的罪與錯。

A sincere and true Tao cultivator stays true to own roles and duties and does one's best to fulfill own responsibilities, not being wicked, not taking short cuts, not being obsessed with fame or recognition, while being grateful and having repentance consistently. That is the way of life according to Tao, guiding us to stay on a righteous path away from sins and faults.

Summary of Holy Scripture Readings for This Week

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In the Announcement to Kang, it is said, "Live as if you were watching over an innocent and pure child." With a sincere heart and intention to protect your pure child, though you may not hit the center precisely, you will not be far from it.

Summary One:

Merits in Tao cultivation comes from our progress to elevate our perspectives in life & settle down our wandering hearts. True merits in Tao cultivation come through the degree of perfection in our True Self through life.

Summary Two:

How should we deal with the actions from others? Remember that there are no needs to criticize others. Just ask ourselves, "Do I have clear conscience with my own words and actions?"

Summary Three:

A sincere and true Tao cultivator stays true to own roles and does best to fulfill responsibilities, while being grateful and having repentance consistently, to stay on a righteous path away from sins and faults.



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