

Weekly Tao Discussion Holy Teachings

Pu-Guang Temple, Plano TX
April 25th 2020

Sage's Quote from Previous Conversation

誠者，天之道也；誠之者，人之道也。誠之者，擇善而固執之者也。博學之，審問之，慎思之，明辨之，篤行之。

Sincerity is the way of Heaven. Attainment of sincerity is the way of men. He, who attains sincerity, chooses what is good and firmly holds it. Extensive study, pertinent and accurate inquiry, careful reflection, clear differentiation, and earnest practice.

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**He, who attains sincerity, chooses what is
good and firmly holds it.**

What has been some of our experiences?

What can we learn from the Holy Teachings?

Quote from Doctrine of the Mean

曲能有誠，誠則形，形則著，著則明，明則動，動則變，變則化。唯天下至誠為能化。

【譯文】比聖人次一等的賢人致力於某一方面，致力於某一方面也能做到真誠。做到了真誠就會表現出來，表現出來就會逐漸顯著，顯著了就會發揚光大，發揚光大就會感動他人，感動他人就會引起轉變，引起轉變就能化育萬物。只有天下最真誠的人能化育萬物。

From those who aim to cultivate to the utmost of the goodness in him, he can attain to the possession of sincerity. This sincerity becomes apparent. From being apparent, it becomes manifest. From being manifest, it becomes realized. Realized, it begins to affect others. Affecting others, they are moved by it. Moved by it, they are transformed. It is only he who is possessed of the most complete sincerity that can exist under heaven, who can transform the world.

Holy Teaching

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23

曲能有誠 From those who aim to cultivate to the utmost of the goodness in him, he can attain to the possession of sincerity.

We may feel uncomfortable or unnatural while beginning to cultivate. As long as we stay focused on cultivation, we will overcome the initial struggles, perfect our imperfections, and attain the same level of sincerity.

孝 Filial Piety 悌 Brotherly Love 慈悲 Heart of Compassion

Start | Grow | Perfect

悌 Brotherly Love



<https://youtu.be/Vo53c7bgdYc>

Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University ...

Total Confirmed
1,187,798

- Confirmed Cases by Country/Region/Sovereignty
- 300,915 US
 - 124,736 Spain
 - 124,632 Italy
 - 92,150 Germany
 - 90,842 France
 - 82,543 China
 - 55,743 Iran
 - 42,441 United Kingdom
 - 23,934 Turkey



Cumulative Confirmed Cases | Active Cases

Total Deaths

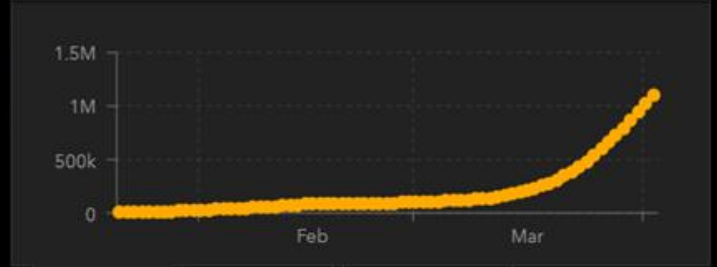
64,084

- 15,362 deaths Italy
- 11,744 deaths Spain
- 7,560 deaths France
- 4,313 deaths United Kingdom
- 3,452 deaths Iran
- 3,207 deaths

Total Recovered

245,949

- 76,946 recovered China
- 34,219 recovered Spain
- 26,400 recovered Germany
- 20,996 recovered Italy
- 19,736 recovered Iran
- 15,572 recovered



Confirmed | Logarithmic | Daily Increase

181 countries/regions

Lancet Inf Dis Article: Here. Mobile Version: Here. Visualization: JHU CSSE. Automation Support: Esri Living Atlas team and JHU APL. Contact US. FAQ. Data sources: WHO, CDC, ECDC, NHC, DXY, 1point3acres, Worldometers.info, BNO, state and national

April 4th 2020

Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins Universit...

Total Confirmed
1,733,792

- Confirmed Cases by Country/Region/Sovereignty
- 506,188 US
 - 161,852 Spain
 - 152,271 Italy
 - 125,942 France
 - 123,826 Germany
 - 83,014 China
 - 79,865 United Kingdom
 - 70,029 Iran

Last Updated at (M/D/YYYY)
4/11/2020, 11:54:34 AM



Cumulative Confirmed Cases | Active Cases

185 countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Visualization: JHU CSSE. Automation Support: [Esri Living Atlas team](#) and [JHU APL](#). Contact [US](#). [FAO](#).

Total Deaths
106,469

- 19,468 deaths Italy
- 16,353 deaths Spain
- 13,197 deaths France
- 9,875 deaths United Kingdom
- 5,820 deaths New York City **New York US**

Total Recovered
392,781

- 77,877 recovered China
- 59,109 recovered Spain
- 53,913 recovered Germany
- 41,947 recovered Iran
- 32,534 recovered Italy



Confirmed | Logarithmic | Daily Increase

April 11th 2020

World Map

NEW

U.S. Map

Critical Trends

COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)

Total Confirmed

2,317,759

Confirmed Cases by Country/Region/Sovereignty

- 732,197 US
- 191,726 Spain
- 175,925 Italy
- 149,149 France
- 143,342 Germany
- 115,314 United Kingdom
- 83,787 China
- 82,329 Turkey
- 80,868 Iran



Total Deaths

159,510

23,227 deaths Italy

20,043 deaths Spain

19,323 deaths France

15,464 deaths United Kingdom

13,202 deaths

Deaths Recovered

Total Tested in the US

3,690,482

596,532 tested New York US

251,614 tested California US

246,527 tested Florida US

176,239 tested Texas US

162,536 tested New Jersey US

US Tested

Cumulative Confirmed Cases | Active Cases | Incidence Rate | Case-Fatality Ratio | Testing Rate | Hospitalization Rate

Esri, FAO, NOAA

185 countries/regions

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Lead by JHU CSSE. Automation Support: [Esri Living Atlas team](#) and [JHU APL](#). [Contact US](#). [FAQ](#).

Confirmed | Logarithmic | Daily Cases

Last Updated at (M/D/YYYY)
4/18/2020, 5:40:18 PM

World Map

NEW

U.S. Map

Critical Trends

COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)

Total Confirmed
2,886,408

- Confirmed Cases by Country/Region/Sovereignty
- 933,050 US
 - 223,759 Spain
 - 195,351 Italy
 - 159,952 France
 - 156,126 Germany
 - 149,559 United Kingdom
 - 107,773 Turkey
 - 89,328 Iran
 - 83,901 China



Total Deaths
202,270

- 26,384 deaths Italy
- 22,902 deaths Spain
- 22,614 deaths France
- 20,319 deaths United Kingdom
- 17,126 deaths New York, City of New York, US

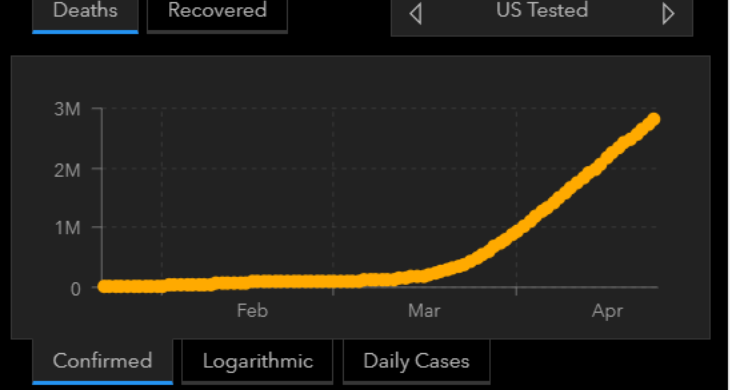
Total Test Conducted in U.S.
5,176,887

- 777,568 tested New York US
- 506,035 tested California US
- 333,099 tested Florida US
- 262,816 tested Texas US
- 226,845 tested Massachusetts US

Cumulative Confirmed Cases | Active Cases | Incidence Rate | Case-Fatality Ratio | Testing Rate | Hospitalization Rate

185
countries/regions

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World Map

NEW

U.S. Map

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Total Deaths: **202,270**

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Total Test Conducted in U.S.: **5,176,887**

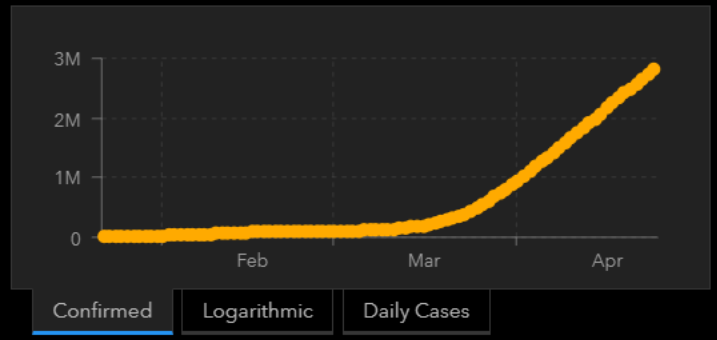
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333,099 tested	Florida US
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226,845 tested	Massachusetts US

"It's within our power to modify these numbers."

Cumulative Confirmed Cases | Active Cases | Incidence Rate | Case-Fatality Ratio | Testing Rate | Hospitalization Rate

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worldometers.info/coronavirus/country/us/



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WORLD / COUNTRIES / UNITED STATES

Last updated: April 25, 2020, 19:40 GMT

United States

Coronavirus Cases:

948,079

Deaths:

53,471

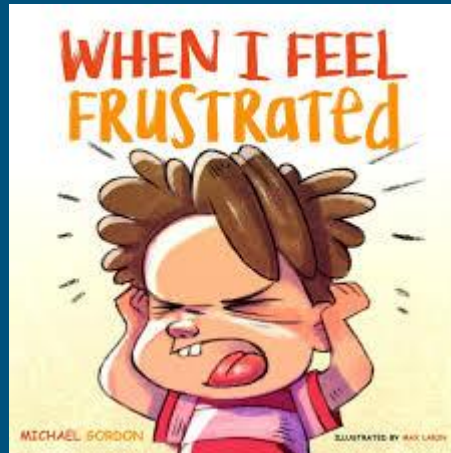
Recovered:

116,007

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3:01 PM 4/25/2020

How do we react to all the negative news?



What are some of the techniques?

Physical

Music, YouTube

Exercise /
Nature Walk

Daily
Gratitude Log

Mental

Zen meditation
Sutra Chanting

Study
Scriptures

Gratitude &
Empathy

Spiritual

1. Believe in the arrangement of Heavenly Mother.
2. Pray for wisdom in our leaders, empathy and unity in our community, and quicker end to this crisis.
3. All of us need to come together and cultivate as One.

Holy Teaching

唯有那一刻當下的清明、當下的清淨，你才能夠真正說你是找到你的真人！

During the instance that your heart is clear, pure, and calm, only then you could say that you have found your True Self.

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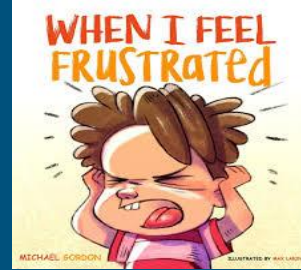
Aim to cultivate to the utmost of the goodness → Sincerity 誠

Sincerity 誠 → Apparent 形 → Manifest 著 → Realized 明 →
Affecting others 動 → Moved 變 → Transformed 化

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How do we react to all the negative news?



Having negative feeling is perfectly normal.

**Cultivate and harness power of
our inner self to manage.**

Stay active, educated and informed.



<https://youtu.be/wTbfX9FBZC4>

Summary: Quote from Doctrine of the Mean

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