

The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

# Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX  
May 30<sup>th</sup> 2020

# **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**



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Confucius: The virtuous person strives to elevate spiritually and act according to Tao, while the less virtuous petty person strives to satisfy his own desires.



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### Tao Initiation

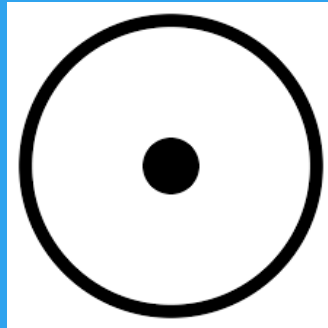
- Holy blessings
- Tao affinity
- Merits in ancestors

### Benefits of Tao Initiation (life)

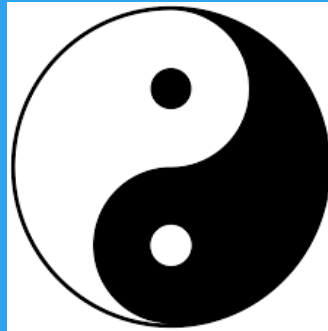
- Understand meaning of life
- Improved fate
- Peace through disasters
- Peace & honor for ancestors

### Why? Spiritual cultivation.

- Unlock your inner power.
- Serenity, wisdom, compassion, righteousness, gratitude, balance. Holy blessings.



Soul / Spirit  
Returns to  
Heaven



Energy



Physical Body

### Three Treasures

- Opening of 3<sup>rd</sup> eye
- Holy password
- Holy Hand Seal

### Benefits of Tao Initiation (after)

- Fulfilled and meaningful life
- Spirit bound for heaven.
- Merits for future generations

### Why? Holy Promise.

- Tao: Foundation of all religious teachings.
- Future Buddha in Training.
- Holy blessings.



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### **Virtuous Person**

Virtuous person is concerned about the degree and level of progress in his/ her spiritual cultivation, constantly self reflecting to examine one's own thoughts, words, and actions to ensure alignment with Tao and own innate virtues.

### **Others**

Less-than-virtuous person is concerned about the amount and level of attainment in his own desires, e.g. fame, wealth, power, status, constantly calculating / manipulating to maximize one's physical possessions.

**Who would be a good example for us to learn and potentially model after?**



## Yan-Hui 顏回 (521 to 481 BC):

- 30 years junior than Confucius.
- Venerated in Confucian temples as one of the Four Sages.
- The Four Sages are:
  - Yan Hui: Confucius's favorite disciple
  - Zengzi: Disciple of Confucius and author of the Book of the Great Learning
  - Zisi: Confucius's grandson, student of Zengzi, and author of the Doctrine of the Mean
  - Mencius: Student of Zisi and author of the Mencius.



- When Yan Hui was 29 years old, his hair was all white. He died at an early age of 30.
- After the death of Yan Hui, Confucius lamented, "Heaven has bereft me! Heaven has bereft me!".
- When told by other students that he was showing "excessive grief", Confucius replied: "Am I showing excessive grief? Well, for whom *would* I show excessive grief if not for this man?". Even years later, Confucius would say that no other student could take Yan Hui's place, so virtuous, diligent, and dedicated Yan Hui had been as a student and a cultivator.

哀公問：「弟子孰為好學？」孔子對曰：「有顏回者好學，不遷怒，不貳過。不幸短命死矣，今也則亡，未聞好學者也。」

Duke Ai asked: Which of your disciples loved to learn? Confucius replied: There was **Yan Hui who loved to learn. He did not transfer his anger. He did not repeat his fault.** Unfortunately, his life was short-lived. Since his death, there has not been another.

子曰：「回也，其心三月不違仁，其餘則日月至焉而已矣。」

Confucius: Such was **Yan Hui that for three months, there would be nothing in his mind contrary to perfect virtue.** The others may attain to this on some short duration, but nothing more.

子曰：「賢哉，回也！一簞食，一瓢飲，在陋巷，人不堪其憂，回也不改其樂。賢哉，回也！」

Confucius: **Admirable indeed was the virtue of Yan Hui! With a single bamboo dish of rice, a single gourd dish of drink, and living in his tiny and shabby home, while other could not have endured this distress, he did not allow his joy to be affected by it.** Admirable indeed was the virtue of Yan Hui!





# Yan-Hui 顏回:

1. Loved to learn.

Diligent, focused, and passionate to learn about Tao, virtues, and ways to cultivate to perfect his virtues.

2. Did not transfer his anger. Did not repeat his fault. For three months, nothing in his mind contrary to perfect virtue.

Achieved a level of mastery in cultivation recognizing his True Self as his True Master at all times, maintained perfectly harmonized and balanced in expressing his feelings and emotions, and cultivated diligently with self reflection and courage to not repeat mistakes.

3. Remained joyful even with a single bamboo dish of rice, a single guard dish of drink, and living in his tiny and shabby home.

Abundance and constant feeling of joy and elation coming from the inside as a result of his advancement in cultivation, not from external factors or social comparisons.





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## Virtuous Person

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**JUST  
DON'T  
ACCEPT  
THE  
ANGER**

**A  
BUDDHA  
STORY**

The image features a light gray background with a subtle gradient. In the top-left and bottom-right corners, there are several realistic water droplets of various sizes, rendered with soft shadows and highlights to give them a three-dimensional appearance. The text is centered in the lower half of the page.

***Perspectives and discussions .....***



# Story Telling





## ***What is the moral of the story?***

All three workers are working with bricks on the same construction site.

However, the third mason was able to relate his brick-laying activities to the visualization of the completed construction of a beautiful church.

Hence, he set out to broaden his learning, advance his knowledge, and improve his skillsets and became a leading architect.



### Usages:

- Pick-up food of any shapes
- Stir fry
- Stir soup
- Poke on food like a fork
- Beat eggs
- Scoop up food
- Use it as plate separator
- Cut noodles



### Chopsticks Characteristics:

- 7.6" long
- Pair
- Round front, square back



- Representing 7 emotions, 6 senses.
- Yin and yang working together to balance life.
- 天圓地方講的是天地之道 Round represents heaven and square represents earth. When human hand holding in the middle, it represents the Heaven, Earth, and Mankind working together.
- When using chopsticks, too much force, one cannot open it; too little force, one cannot pick things up. This tells us we need to know our propriety and use it at the right amount.



子曰：「君子不器。」

**Confucius: The virtuous person is not like a device, providing limited utility.**

孔子在《易傳》里說：“形而上者謂之道，形而下者謂之器。”意思是，道是無形的，器是有形的。 Confucius explained in the Doctrine of Change: Tao is shapeless and formless, while all devices (physical manifestations) have shapes and forms.

君子應該心懷天下，允文允武，無所不能，而不能像器具一樣成為一個定型的人，只限於一種功用。好比船只能在水裡遊行，汽車只能在陸地奔跑，各限其用。

As we cultivate, we should not only cultivate ourselves, but also broaden our heart to be **selfless** to care and nurture others. We should **continuously learn**, while maintaining a sense of **humility**, to achieve mastery in what we do, unlike any devices offering only limited utility.

Hence, as we cultivate, **learn extensively** with determination and a sincere heart, **practice, reflect, and synthesize** our learning through our life experience, and **share** our insights to **help guide and nurture others** in their spiritual cultivation journey **with no limits**.

# Summary of Holy Teachings

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