



# Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX  
June 20<sup>th</sup> 2020

*[onegreatdao.org](http://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**













Lorraine Vargas Townsend  
Chief People Officer  
Mendix

Now, it may seem to some of you that racism is mostly an American issue, but this call for racial justice is now joined by protestors in London, Amsterdam, Rotterdam, Maastricht, Berlin, Frankfurt, Stuttgart, Cologne...Rio de Janeiro, Rome, Madrid, Edinburgh, Hong Kong, Lausanne, Brussels, Liege, Porto, Manchester, Sydney, Melbourne, Paris, Cardiff, Pretoria, Seoul, Pristina, Tunis, Tokyo, Luton, Sofia, Dublin...plus all 50 states in the US, and likely more cities.

## Racism is Real and Ugly.

Recent tragedies have re-surfaced historic and long-lasting racial and social injustice, which has permeated our society.

People around the globe have joined in solidarity as grass-root movement and in opposition to racism, and like with COVID, our world is uniting over similar experiences. People demand and deserve change to a flawed structure for more racial and social justice.

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***Summary of Learnings from Previous Week ....***

**We have to use this moment to accelerate our nation's long journey towards justice and a more perfect union. Systemic racism and social injustice have to be eradicated. Business has a critical role to play in creating an equitable society which is intolerant of intolerance.**

06/12/2020: Apple committed \$100M to take actions and combat systemic barriers for minorities, e.g. people of color

**Three Reform Focus Areas:**

- 1. Education**
- 2. Economic equality**
- 3. Criminal justice reform**

**Keys to Promote Effective Change:**

- 1. Representation**
- 2. Inclusion**
- 3. Accountability**

**People of power, privilege, and moral conscience must stand up and say 'no more' to a racially discriminatory police and justice system, immoral economic disparities between whites and blacks, and government actions that undermine our unified democracy.**



# Holy Teachings



子曰：「性相近也，習相遠也。」 Confucius said, “Our true selves are identical. Due to habits, desires, and attachments over time, we become different and wide apart.”

We are not born racist.



So what happened to us over time?

- Gradual conditioning by the environment.
- We become numb, even to the point of losing courage to confront it.
- We become disengaged thinking that it does not affect me.



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- Growing up in our small Texas town, I had a front row seat to racism.
- My mother was continuously stopped by police for no reason, she was followed in stores, she was called a "Lazy Mexican," and more. All because her skin is brown.
- And I, with my white skin, experienced all the benefits my appearance had to offer: more opportunities, more grace for my mistakes, the benefit of the doubt, and the ability to get away with just a smile.
- I was treated better than my black classmates and my brown cousins. Regardless of our abilities and intelligence, I had the edge.
- The playing field was never level.

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 horizontally and vertically on the page.

***What can we learn from the Holy Teaching to combat this condition?***

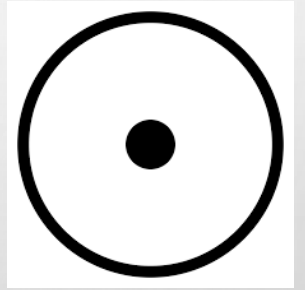


# Holy Teachings

顏淵問「仁」。子曰：「克己復禮，為仁。一日克己復禮，天下歸仁焉。為仁由己，而由人乎哉？」顏淵曰：「請問其目？」子曰：「非禮勿視，非禮勿聽，非禮勿言，非禮勿動。」



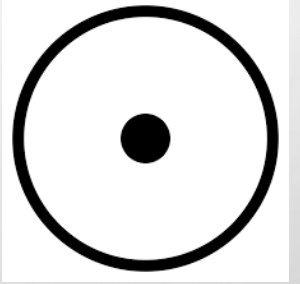
Yan-Hui asked Confucius about perfect virtue (Tao). Confucius: He who is able to subdue his selfish self and exhibit propriety has Tao. If a person can subdue one's selfish self and exhibit propriety for one day, all under heaven will ascribe Tao to him. Is the practice of Tao from oneself, or is it from other? Yan-Hui: I beg to ask the steps of that process. 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.



# Holy Teachings



**Paraphrase:** 顏淵問仁。孔子說：「用堅強的意志、頑強的拼搏精神，主持正義、捍衛道德、維護和平，這就是仁。一旦做到了這一點，普天下的人都會崇敬你、追隨你、向你學習。為崇高理想而奮鬥要靠的是自己，難道還能靠別人嗎？」顏淵說：「請問其詳？」孔子說：「違反禮法的事不要看、不要聽、不要說、不要做。」



**Paraphrase:** Yan-Hui asked Confucius about perfect virtue (Tao). Confucius: Be determined in your heart and persevere, be tenacious in your spirit, uphold righteousness, speak up and defend humanity, and protect peace to have perfect virtue (Tao). Once a person can achieve such, all will admire, respect, and learn from you. As this journey is yours alone to complete, do you look to others to do this for you?

Yan-Hui asked about the process. Confucius: Practice self restraint and safeguard your innate true self by not observing, listening, speaking, or acting to what is contrary to propriety. *Note: Propriety is part of our innate perfect virtue (Tao).*



- Be determined in your heart and persevere, be tenacious in your spirit, uphold righteousness, speak up and defend humanity, and protect peace to have perfect virtue (Tao).
- As this journey is yours alone to complete, do you look to others to do this for you?
- Practice self restraint and safeguard your innate true self by not observing, listening, speaking, or acting to what is contrary to propriety. *Note: Propriety is part of our innate perfect virtue (Tao).*





- Be determined in your heart and persevere, be tenacious in your spirit, uphold righteousness, speak up and defend humanity, and protect peace to have perfect virtue (Tao).

- As this journey is yours alone to complete, do you look to others to do this for you?

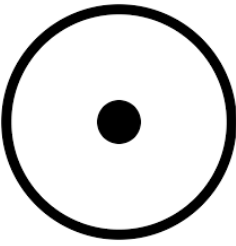
- Practice self restraint and safeguard your innate true self by not observing, listening, speaking, or acting to what is contrary to propriety. *Note: Propriety is part of our innate perfect virtue (Tao).*



- The temptations which constantly bombard our six senses are powerful and pervasive.
- With our selfish human heart and our six senses, it is easy to us to unconsciously stray away from our true self, focus on selfish gains, have too much self ego, and ignore feelings of others.
- With our selfish heart and wandering thoughts, feelings, and desires, we are never truly happy and constantly pursue more externally, which creates pain, suffering, and emptiness.



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  - With our selfish heart and wandering thoughts, feelings, and desires, we are never truly happy and constantly pursue more externally, which creates pain, suffering, and emptiness.
- As we cultivate, having a tranquil and peaceful heart and using our Three Treasures enable us to be aware of our biased / prejudiced reactions from interaction with our six senses, safeguard and self restrain to avoid deviation from Tao, and strengthen and grow spiritually.
- This requires us to stay determined, persevere through adversity, and never give up to overcome self indulgence, bias, and bad habits, defend, uphold, and speak up for humanity and righteousness, and radiate hope, positivity, and stability to our communities.



## Questions to Ponder ...

### What are our six senses?

- Eyes ← Visible images
- Ears ← Sounds
- Nose ← Odor
- Tongue ← Taste
- Body ← Touch
- Mind ← Mental images

### Can we trust our visual images blindly?

- Optical illusion.
- Internal mindsets dictate what we see or do not see.
- Internal desires create such filters.

### How do we best manage this condition?

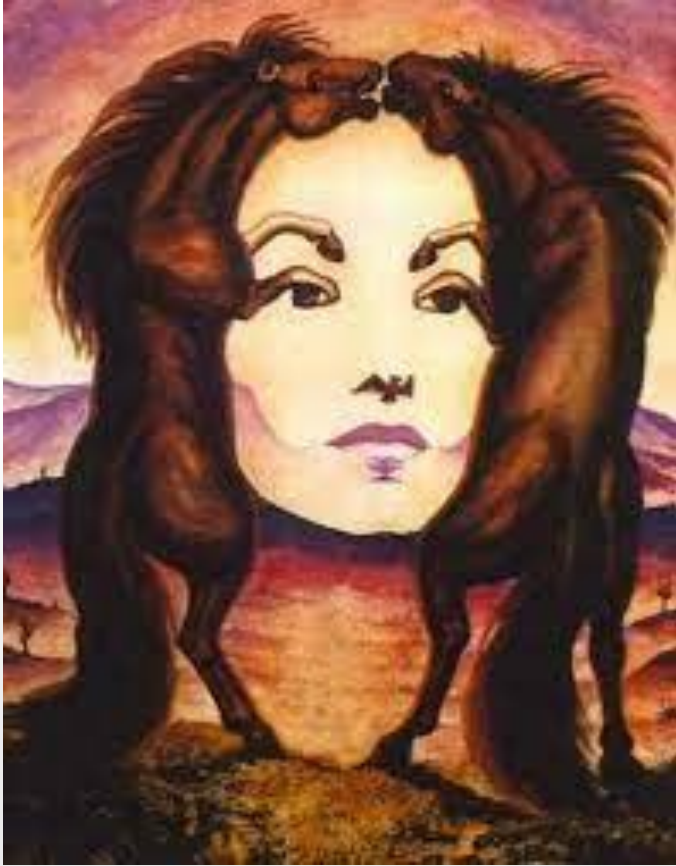
- Be aware of self-induced bias.
- Cultivate as we are all part of the Oneness.
- Experience love of Tao in us all.
- Practice to be more selfless.
- Seek to understand others.

有時連親眼所見都不一定是真的，所以不要被這些有形有相的迷住了。

**Sometimes, the visual images which we have are not the real representation of the truth.**

**Be aware and do not get infatuated by all the manifestations, which are impermanent and a reflection of our inner thoughts / wants / desires bombarding our six senses.**







**LOVE**  
THE REALITY

*Gaur Gopal das*

Dis... The speaker uses humour to help audience digest life's messages.

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. The text is centered in the middle of the page.

***Sharing feedback and perspectives .....***



克己復禮，為仁。

He, who is able to subdue his selfish self and exhibit propriety, has Tao.



**Subdue our selfish wants, desires, and intentions.**

Desires are never satisfied, not even by a shower of gold. One who knows that enjoyment of passion is short-lived and that is also the genesis of pain is truly wise.

From passion and desire, sensuousness and lust, arise grief and fear. Free oneself from such attachment.

Rituals, scriptures, meditation, and other techniques are all tools to help us subdue and manage our desires with a balance to bring us onto the path of self awakening and liberation.

**Those who seek self awakening and liberation must keep watch day and night our selfish desires with discipline and persistence.**

**How do we subdue our selfish self and live life with Tao?**



## How do we subdue our selfish self and live life with Tao?

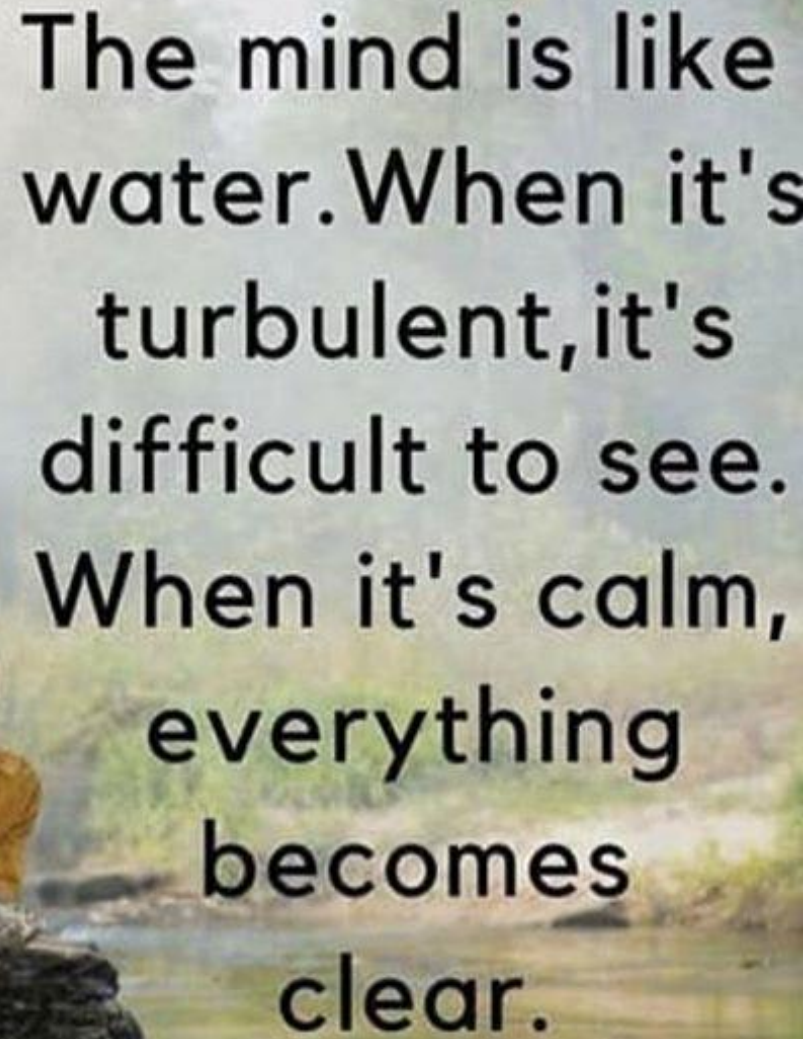


Start with a sincere heart and commitment to our True Self and cultivation.

Use all available tools & techniques to help us realize and awaken our true self.

非禮勿視，非禮勿聽，非禮勿言，非禮勿動。

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.



The mind is like  
water. When it's  
turbulent, it's  
difficult to see.  
When it's calm,  
everything  
becomes  
clear.

*Buddhist Vision*

非禮勿視，非禮勿聽，非禮勿言，  
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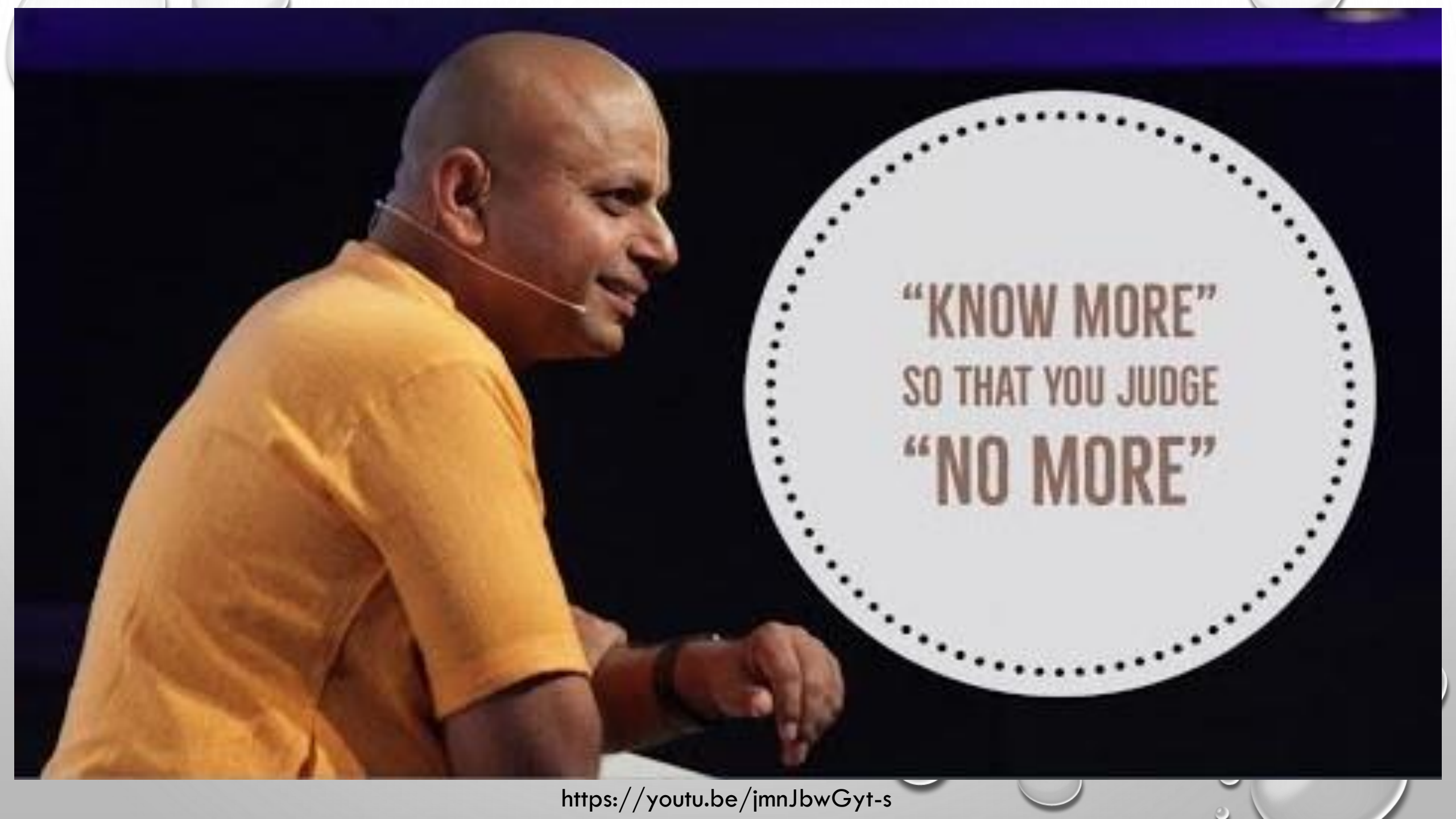
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**Complete focus, joy, and contentment from the inside.**

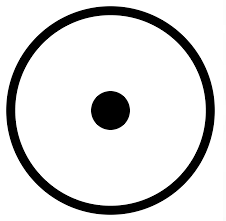


A man with a shaved head, wearing a bright yellow short-sleeved shirt, is shown in profile from the chest up. He is wearing a thin, clear headset microphone and appears to be speaking. He is positioned on the left side of the frame. To his right, a large white circle with a dotted border contains a quote in a bold, sans-serif font. The background is dark, possibly a stage or a presentation screen.

**“KNOW MORE”  
SO THAT YOU JUDGE  
“NO MORE”**



# Feedback and Perspectives



Do not jump to conclusions.

**Annoying Feature of Our Mind: Without Tao, Our minds' strongest intuitions are often wrong.**

Makes others' life beautiful.

**Listen and help others unconditionally.**

Do not take things for granted.  
Be grateful for everything.

**Treasure our health and use what we have been given wisely to cultivate and help others.**

Have empathy for others, not just sympathy.

**Empathy: Truly connected with others and feel with them. Sympathy: Feel bad at a distance.**

**Cultivating Tao will enable us to be happier, have more understanding of others, and build a more harmonious society together.**

# What could we do at a personal level to help eradicate racism?

Embrace this moment to accelerate our nation's long journey towards justice. We all have a critical role to play in creating an equitable and just society.

Use tools and techniques to subdue our selfish self. Be aware of self-induced bias. Cultivate as we are all part of Oneness. Do not label or judge others before knowing. Seek to understand others.

Maintain our spiritual and mental clarity and purity through self awareness and discipline with sights, sounds, words, or actions which are incongruent with Tao.



## Some Resources for Everyone to Help Make a Difference

Here, you can choose how much time you have each day to become more informed as step one to becoming an active ally to the black community:

\* [https://docs.google.com/document/d/1H-Vxs6jEUByXyIMS2BjGH1kQ7mEuZnHpPSs1Bpaqmw0/preview?pru=AAABcppzrA4\\*4t3hZ-QbYTcylqWYCXxJCg&fbclid=IwAR0FhHn8CAL1WuZt2eV5b0\\_Wz6z7QqfRhPr0whuCMR-9wrkWjMr4zTV0adk](https://docs.google.com/document/d/1H-Vxs6jEUByXyIMS2BjGH1kQ7mEuZnHpPSs1Bpaqmw0/preview?pru=AAABcppzrA4*4t3hZ-QbYTcylqWYCXxJCg&fbclid=IwAR0FhHn8CAL1WuZt2eV5b0_Wz6z7QqfRhPr0whuCMR-9wrkWjMr4zTV0adk)

Here are 75 things white people can do for racial justice:

\* <https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

Here are some anti-racism resources for white people:

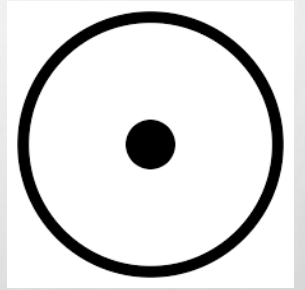
\* [https://docs.google.com/document/u/0/d/1BRIF2\\_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic?urp=gmail\\_link](https://docs.google.com/document/u/0/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic?urp=gmail_link)

# Summary of Holy Teaching This Week

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