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Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX
June 27th 2020

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



2020





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How do these events make you feel?





***How could cultivating Tao help us maintain
a sense of peace, balance and perspective?***



Re-discover our true self.

Commit to life-long cultivation for spiritual
awakening and realization.

修道修心

Tao cultivation means cultivating our heart.

Which heart are we cultivating? Our human heart.



A man with a shaved head and a white tilak on his forehead, wearing an orange kurta, stands on the left. Behind him is a large black steamship with four smokestacks emitting dark smoke. A red banner with white text is overlaid on the image.

WHY PRIDE IS OUR BIGGEST ENEMY?

GAUR GOPAL DAS

Eight Winds in Life

八風吹不動，何謂「八風」？ **We remain unaffected by the eight winds in life.**

一、稱 **Praise**：每逢人家當面稱讚我們的時候，總不免感到滿懷的歡喜。 **When people praise us, we feel immense happiness.**

二、譏 **Scolding**：每當人家當面責罵我們的時候，總令我們感到無限的羞辱。 **When people scold us in our face, we feel ashamed.**

三、毀 **Criticism**：有些人總愛背後說人家的壞話，一旦讓我們知道了，總感到忍受不了，甚至心存報復。 **When people criticize us behind our back, we seek to avenge in our heart.**

四、譽 **Pride**：當人家背後褒獎我們，認為是一種榮譽，而不覺沾沾自喜。 **When people recognize us, we feel honored have lots of pride.**

五、利 **Success**：當我們的事業成功，順利通達的感受，自然令我們感到滿足。 **When we achieve success in our career, we feel powerful and accomplished.**

六、衰 **Decay**：當我們的事業衰敗，所有的打擊，難免不使我們感到萬分的頹喪。 **When we experience setbacks in our career, we feel depressed.**

七、苦 **Bitterness**：當種種的煩惱逼迫得我們的身心難以承受，深感人生確為一大苦聚。 **When life is full of pain and suffering, we feel hopeless and experience endless bitterness.**

八、樂 **Joy**：當我們的身心獲得非常適意時，總認為那是人生快樂的享受。 **When we experience physical comfort, we perceive that joyful experience as our goal in life.**

Holy Guidance

這八種順逆外境的旋風，時時在我們週遭循環不停地吹著，吹得我們一輩子為它團團轉，永無寧日。These eight winds from external circumstances and environment constantly bombard us, causing us to expend effort to seek some or stay away from others, resulted in endless turbulence in our life.

我們如今既然發心來學佛，必須建立正確的信念，放下世間一切毀譽、成敗、苦樂、幸與不幸、種種的是非觀念。As we commit to cultivate today, we must establish the proper faith and perspective, let go of and stay detached from our emotions and feelings based on the eight winds in life.

運用我們無上的智慧，一心觀照緣起性空的諦理，不再為虛妄的外境所迷惑，真正達到八風吹不動的境界。Use our innate wisdom in our true self, use our Tao heart to realize the essence of our true self (void) and impermanent manifestations in the sentient world, do not get infatuated or attached with the impermanence, and maintain centered and unaffected by the eight winds.

Holy Teaching

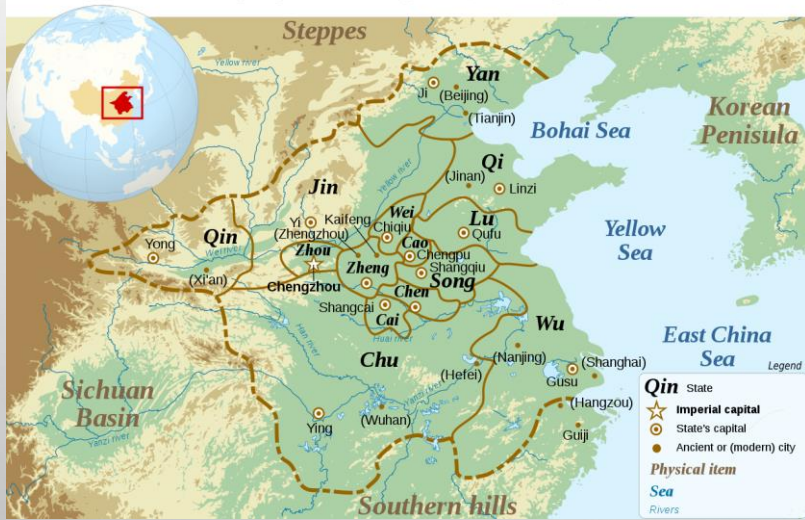


子曰：「放於利而行，多怨。」

Paraphrase: 孔子說：「一切按利益行事的人，人人厭惡。」

Paraphrase: He who acts with a constant view to his own gains will be despised of.

Chinese plain in the late Spring and Autumn period (5th century BC)



Confucius: Stay righteous during situations where gains are expected. Ones who are obsessed with gains are focused on external pursuits, often ending up feeling empty, disappointed, or anxious and being despised by others.

Holy Teaching



修道無他，反觀省心而已

No other ways to explain Tao cultivation, we must self reflect, be mindful, and awaken our true self.

- How do we do it?
- Zen meditation using our Three Treasures.
 - It's all my fault.
 - Confucius Analects:



曾子曰：「吾日三省吾身：為人謀而不忠乎？與朋友交而不信乎？傳不習乎？」
Zengzi: I examine myself daily on three points: In transacting business for others, have I not been faithful? In my dealings with friends, have I not been sincere? Have I mastered and practiced the instructions of my teacher in my spiritual cultivation?

Be mindful with our thoughts and actions when alone by ourselves.

明明上帝是 無生老 ■，講的也是自己本來的面目，上帝在我裡面，我也在上帝裡面，所以我們的起心動念，怎不教萬能主宰窺探得一清二楚呢！**God is Heavenly Mother and our True Self originates from Heavenly Mother. We are the children of Heavenly Mother. Heavenly Mother is fully aware of every thought that we have.**

Holy Teaching



行道無他，恪盡本分而已

No other ways about behaving in accordance with Tao, we have to fulfill our responsibilities to ourselves, our family, and our community.

Perfection in interpersonal relationship → Harmony in society → Nirvana

渡人無他，以身作則而已

No other ways to introduce Tao to others, we must live our life by setting good examples based on Tao to inspire others naturally.

Family first. Family cultivating together.

時時刻刻你要謹記著你是什麼！不管你是人、是佛、是仙、是聖、是賢都好，你是最完美的化身，你是上帝所做出來最好的傑作，即是最完美的化身，你所做出來的也要讓大家覺得最完美。

Always remember who you truly are. Regardless if you are a person, Buddha, sage, deity, or saint, always be your best, because we are all creation of Heavenly Mother. As our true self manifests perfection from Heavenly Mother, **be mindful of our actions and words** to be in accordance with Tao to inspire and affect others, through self cultivation and improvement.

Holy Teaching



悟道無他，體驗生活而已

No other ways to experience or understand Tao, except through our life journey.

成佛無他，去除妄念而已

Completion of cultivation journey → rid of impermanent thoughts, desires, and attachment.

把你自己的雜質過濾掉，你絕對是美好的。

Filtering out all the impurities covering up our true self to reveal our perfect and bright true self.

一切都是假，唯有真主是真，不起對待才是真，沒有污染才是真！你一旦有了雜思、妄念，有了你我、有了對待，這一朵白蓮花當下就污染。

All manifestations are impermanent. The only thing permanent and real is our True Self from Heavenly Mother. Once we have thoughts of impure nature, selfish desires, or feelings of superiority / inferiority with others in our heart, our true self symbolized by white lotus flower becomes contaminated.

Be mindful about getting contaminated with impure thoughts.

Be mindful about neglecting small mistakes.



Sharing of Perspectives



how to be **MINDFUL**



Be humble to see your mistakes, courageous to admit them, and wise enough to correct them.

Amine Ayad

meetville.com

Holy Teaching

就好比我們的慾念，一有慾念就要堵住，不要讓它蔓延。

Visualize that the small leak as our desires.

Once it is noticed, we have to mitigate it immediately to avoid the spread.

因為這個慾念如火，當我們發現一團火，正要燃燒的時候，只要一盆水就可以把它撲滅，可是如果讓它蔓延的話，一卡車的水，也難以撲滅啊！

If our desires are symbolized by fires and when we discover the fire which has just started burning, it would be quite easy for us to put out the fire with a bucket of water.

However, if we let the fire spread uncontrollably, it would take a whole squadron of fire trucks and fire fighters a whole lot of effort to put out the fire.

了解這個道理之後，就知道今天社會上，為什麼會有那麼多火爆的人、火爆的事。就是他們的心，早已被無明火蔓延了，怎麼能夠清涼呢！**Knowing the holy teaching, we would understand that with all the chaos and unrest around us, the heart of many is very unsettled and turbulent with desires, hatred, and attachments, leading them away from peace and serenity.**

再者，我們這人心經常千變萬化，就是心猿意馬，妄念不斷，煩惱叢生，精神不靜，不就像「心」的魔鬼嗎？**Furthermore, our heart is like a wild horse, constantly running around with endless thoughts and desires, resulted in anxiety, worries, and troubling heart.**

Holy Teaching



老子說：「人的元神本來是喜歡清淨的，都是被這個心擾亂了；可是這個心本來也是喜歡清淨的，就是被這些慾念牽引了，所以要心神清淨，首先就是要遣其慾念。」

Lao Tzu: Our true self naturally likes peace and serenity. It is disturbed by our wandering heart. Our heart naturally prefers peace and serenity as well. It is disturbed by our endless desires. Key to maintain peace and serenity in our true self and heart is to rid of our desires.

Holy Teaching

遣慾澄心，即是要制伏妄念慾念，有二種方法：

Two ways to manage and rid of our desires to purify and cleanse our heart:

一、常看善書、真如之「置心一處，無事不辦」。Read holy scriptures regularly. When you read the holy scriptures, you will find that your heart is settled down and aligned with your true self.

二、時時觀照自心，勿使妄念飛馳紛擾。Self reflect and focus your thoughts on your third eye (hidden eye) to stay mindful and stop the constant bombardment of the endless selfish thoughts and desires.

如此常常遣其慾，心自然慢慢可以達到清靜的境界了。When you could follow these steps to manage and rid of your desires, you will notice your heart to be pure, calm, and serene, aligned with your true self.



Summary of Holy Teaching and Guidance



子曰：「放於利而行，多怨。」

Paraphrased Translation: He who acts with a constant view to his own gains will be despised of.

Use our innate wisdom in our true self, use our Tao heart to realize the essence of our true self (void) and impermanent manifestations in the sentient world, do not get infatuated or attached with the impermanence, and maintain centered and unaffected by the eight winds.

Two ways to manage and rid of our desires to purify and cleanse our heart:

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二、時時觀照自心，勿使妄念飛馳紛擾。 Self reflect and focus your thoughts on your third eye (hidden eye) to stay mindful and stop the constant bombardment of the endless selfish thoughts and desires.

Summary of Holy Teaching and Guidance



- Practice Zen meditation by focusing on our portal and using our Three Treasures to be mindful of our thoughts, words, and actions.

Be mindful about getting contaminated with impure thoughts.
Be mindful about neglecting small mistakes.

Lao Tzu: Our true self naturally likes peace and serenity. It is disturbed by our wandering heart. Our heart naturally prefers peace and serenity as well. It is disturbed by our endless desires. Key to maintain peace and serenity in our true self and heart is to rid of our desires.



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