

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
July 18th 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





大學之道，在明明德，在親民，在止於至善。THE TAO IN THE BOOK OF GREAT LEARNING IS TO AWAKEN AND BRIGHTEN OUR TRUE SELF, AWAKEN AND RENOVATE OUR COMMUNITIES, AND STAY CENTERED ON OUR TRUE SELF.

知止而后有定，定而后能靜，靜而后能安，安而后能慮，慮而后能得。KNOWING AND STAYING CENTERED SET THE PROPER FOUNDATION. SETTING PROPER FOUNDATION HELPS MAINTAIN PEACE AND SERENITY. MAINTAINING PEACE AND SERENITY HELPS STAY CALM, PEACEFUL, AND WISE. STAYING CALM, PEACEFUL, AND WISE ENABLES APPLICATION OF INNATE WISDOM TO HANDLE LIFE AFFAIRS WITH VIRTUE AND RIGHTEOUSNESS. DESIRED OUTCOME WILL BE ATTAINED

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RELATIONSHIP OF THREE CARDINAL PRINCIPLES

1. 止於至善: STAY CENTERED ON OUR TRUE SELF
2. 明明德: AWAKEN AND BRIGHTEN OUR TRUE SELF
3. 親民: AWAKEN AND RENOVATE OUR COMMUNITIES



STAY CENTERED ON OUR TRUE SELF

HOW DO WE STAY CENTERED ON OUR TRUE SELF?

Complete
Tao
Initiation
Ceremony



Practice
Meditation
Using
Three
Treasures



Experience
State of
Being
Mindful in
Life
Affairs

A man with a shaved head and a white tilak on his forehead is sitting in a wooden chair. He is wearing a yellow kurta and has his hands clasped in front of him. The background is a warm, indoor setting with wooden paneling and framed pictures. Overlaid on the right side of the image is a large text graphic.

WATCH THIS

TO STOP

THE MIND'S

CHATTER

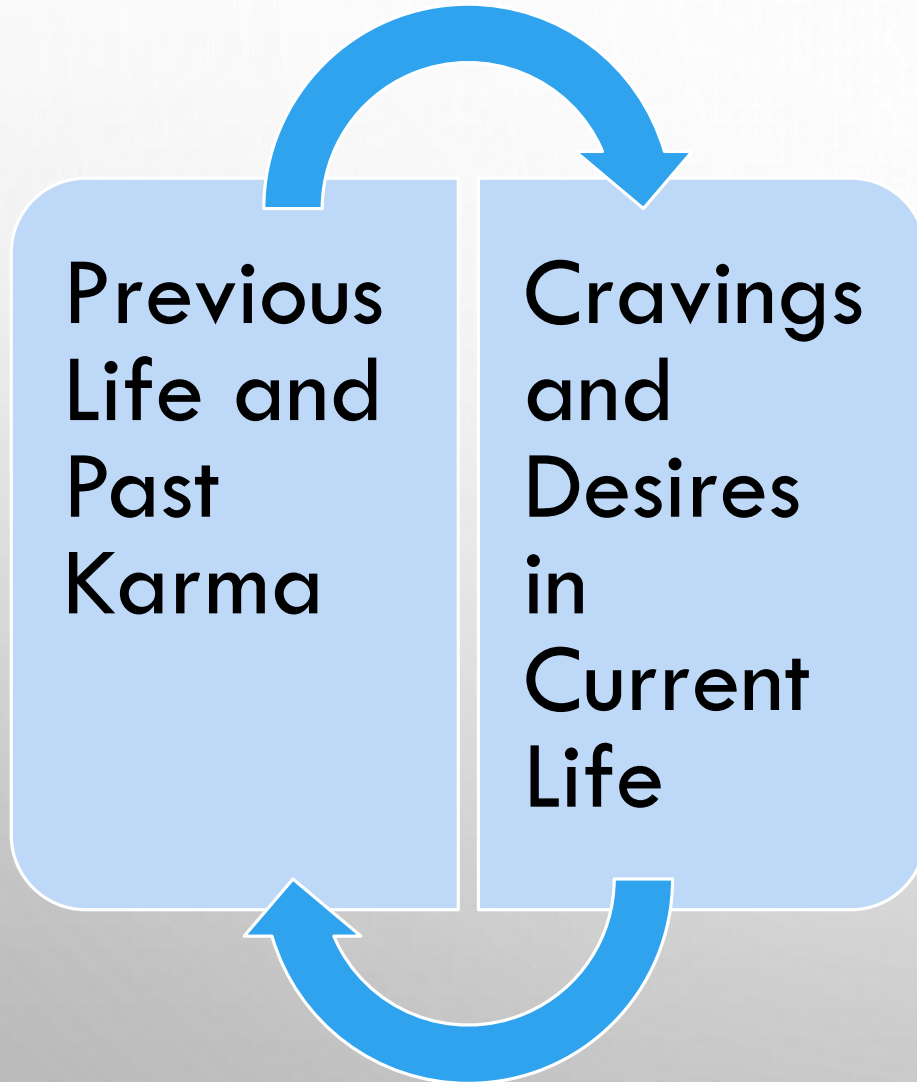
-GAUR GOPAL DAS

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Sharing of Perspectives

AWAKEN AND BRIGHTEN OUR TRUE SELF

Why is our True Self un-awakened and appear dull?



Previous lives and past karma:

- Part of our current life and experiences.
- Through cultivation and blessings from Heavenly Mother and Maitreya Buddha, our past karma could be wiped clean.
- Takes own effort with heavenly blessings.

Cravings and Desires in Current Life:

- We have the power to control / minimize.
- With blessings, we are able to receive Tao. As we cultivate, we realize that our True Self is our true master.
- We reflect, repent, and cultivate to awaken and brighten our True Self, with a heart of gratitude, determination, and vigilance in our journey.

AWAKEN AND BRIGHTEN OUR TRUE SELF

Where do we start to awaken and brighten our True Self?



Awaken Our True Self: Own Experience through Cultivation and Self Reflection.



ATTITUDE of
GRATITUDE

Gaur Gopal das



Sharing of Perspectives



AWAKEN AND RENOVATE OUR COMMUNITIES

Friends and
Communities

Family

Self



To establish oneself and help others be established
To enlighten oneself and help others be enlightened
To help the world to have peace and order
To transform people's hearts to goodness
To bring Great Harmony to the world

**HUMANITY
IS THE GREATEST
RELIGION**



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