

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 25th 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 AND WISE. STAYING CALM AND WISE ENABLES INNATE SELF TO GUIDE US HANDLE LIFE AFFAIRS WITH VIRTUE AND RIGHTEOUSNESS. DESIRED OUTCOME WILL BE ATTAINED.

物有本末，事有終始，知所先後，則近道矣。THINGS HAVE THEIR ROOT AND THEIR BRANCHES. AFFAIRS HAVE THEIR END AND THEIR BEGINNING. TO KNOW WHAT IS FIRST AND WHAT IS LAST WILL LEAD NEAR TO THE ESSENCE OF TAO.



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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



知止而后有定: **KNOWING AND STAYING CENTERED SET THE PROPER FOUNDATION.**

定而后能静: SETTING PROPER FOUNDATION HELPS MAINTAIN PEACE AND SERENITY.

静而后能安: MAINTAINING PEACE AND SERENITY HELPS STAY CALM AND WISE.

安而后能虑: STAYING CALM, KIND, AND WISE ENABLES INNER SELF TO HELP GUIDE US HANDLE LIFE AFFAIRS WITH VIRTUE AND RIGHTEOUSNESS.

虑而后能得: DESIRED OUTCOME WILL BE ATTAINED.



WHY IS THIS IMPORTANT?

WHAT IS THE PLACE FOR US TO STAY CENTERED?

WHY IS IT IMPORTANT TO FOCUS THERE?

Lao Tzu: The more knowledge one has, the less connected one is with True Self.

Not knowing and staying centered would lead us to pursue the impermanence.

Make us less happy and content and more stressed and anxious in life.

知止而后有定: KNOWING AND STAYING CENTERED SET THE PROPER FOUNDATION.

定而后能静: SETTING PROPER FOUNDATION HELPS MAINTAIN PEACE AND SERENITY.

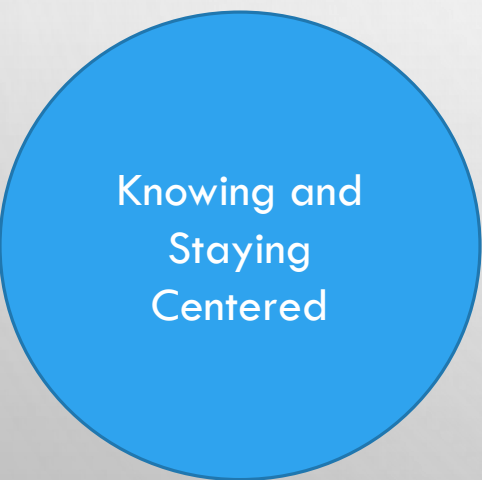
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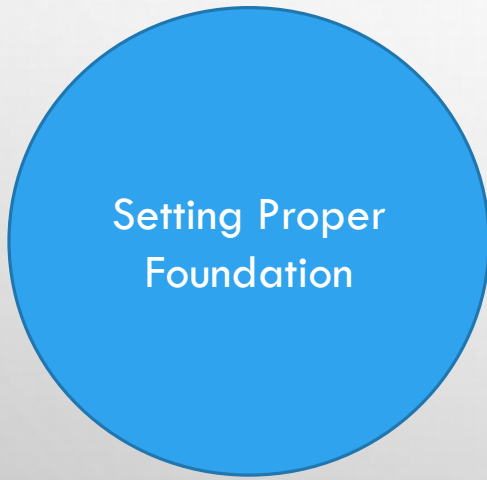
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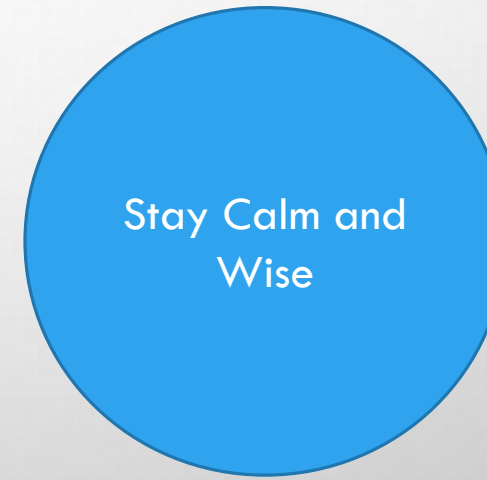
WHY IS THIS IMPORTANT?



Awakened, Focused,
and Disciplined



Peace, Serenity, Clear
Differentiation, Mindfulness



Wisdom, Grace, and
Skilled Application



Desired Outcome:
Content, Productive,
and Meaningful Life

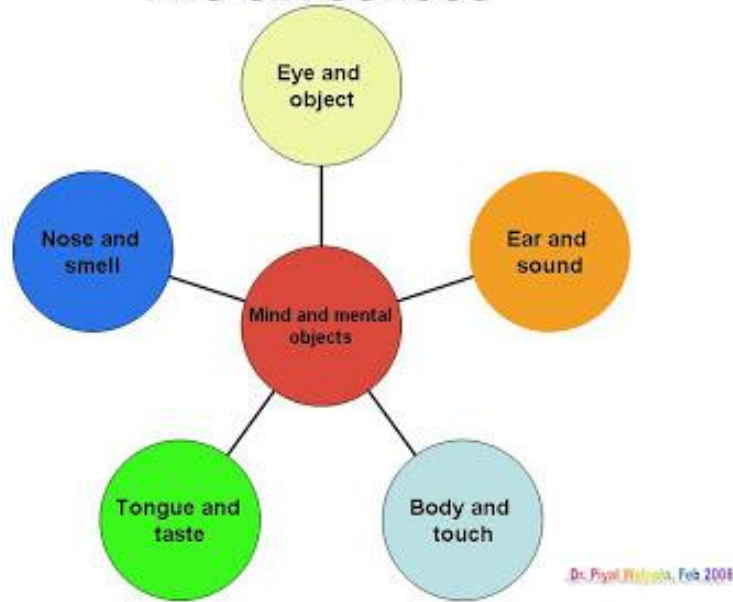
Holy Teaching teaches us to guard the doors of the six senses.

When we see beautiful figures and colors with our eyes, when we hear pleasant sounds with our ears, when we smell fragrance with our nose, or when we taste sweet things with our tongue or touch soft things with our hands, **we are not to become attached to these attractive things, neither are we to be repulsed by unattractive things to keep our minds and bodies pure. Those who seek Enlightenment must transcend both of them and be free of worldly attachments.**

The term "six sense objects" refers to those objects which are cognizable by the six sense organs: the eye, ear, nose, tongue, body, and mind.

The six sense objects are just like dust that can pollute our True Self, which is why they are also called the "six dusts." The six sense objects can generate the afflictions of greed, anger, and ignorance.

The six senses



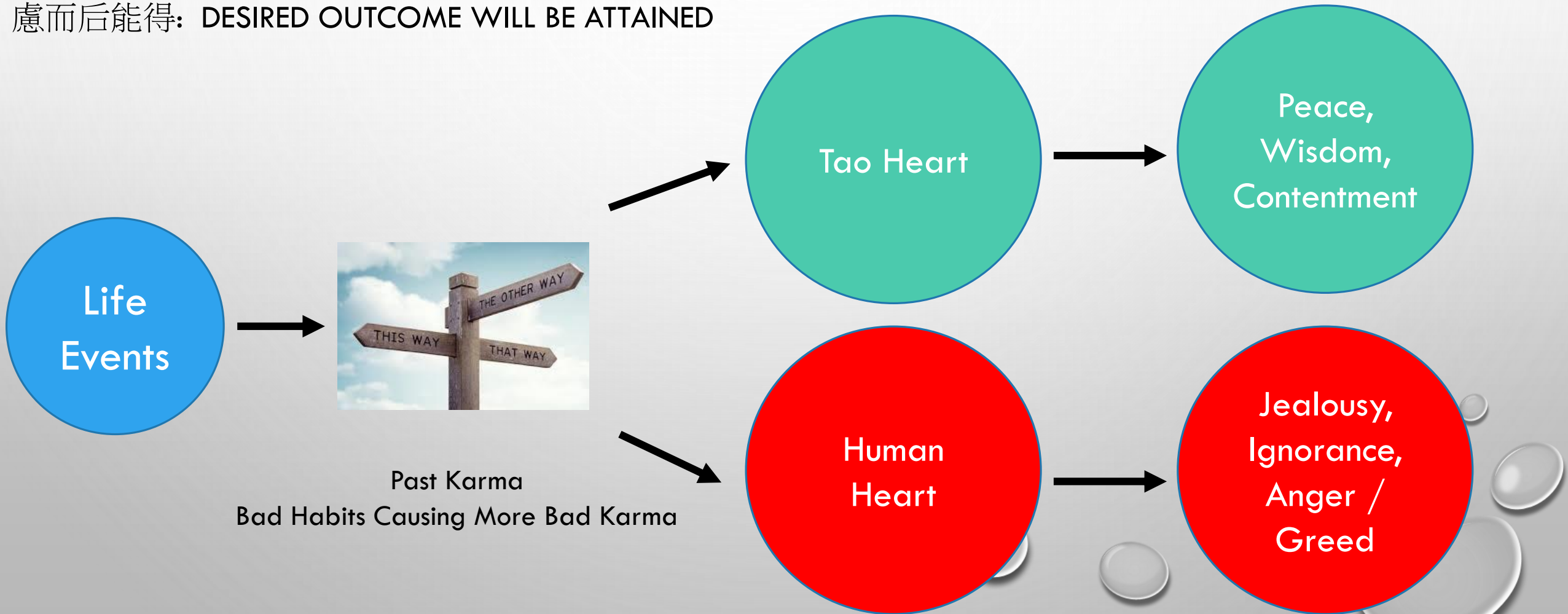
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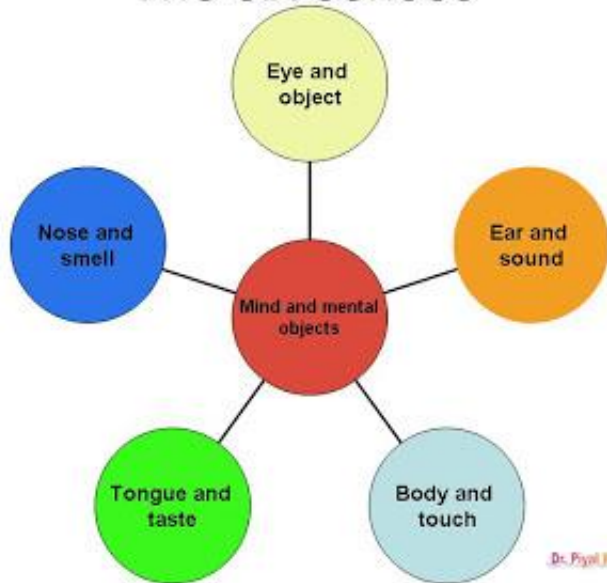
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The six senses



**IF YOU STRUGGLE
TO MAKE THE
RIGHT CHOICE**

-GAUR GOPAL DAS

2 MILLION+ VIEWS

<https://youtu.be/2kgtRq6Z9el>



The image features a light gray background with a subtle, circular, textured pattern in the center. The corners are decorated with several realistic water droplets of varying sizes, some overlapping. The text is centered in the lower half of the page.

Sharing of Perspectives

Holy Teaching

人心惟危，道心惟微，惟精惟一，允執厥中

Human Heart is wicked and dangerous. Tao Heart is tender, soft, and subtle. One should cultivate diligently and sincerely by staying centered on our Tao Heart.



1. 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.
2. 時時觀照自心，勿使妄念飛馳紛擾。Use Three Treasures, self reflect, and focus your thoughts on your third eye (hidden eye) to stop the constant bombardment of the endless selfish thoughts and desires.
3. Overtime, you will experience that your True Self becomes more powerful, helps you clearly differentiate, and your emotional connection with your True Self to strengthen over time.

Let's Cultivate and Learn together, use the Sacred Three Treasures, and develop ourselves so we could better protect and nurture Our True Self to help us and others do well in the sentient world!!

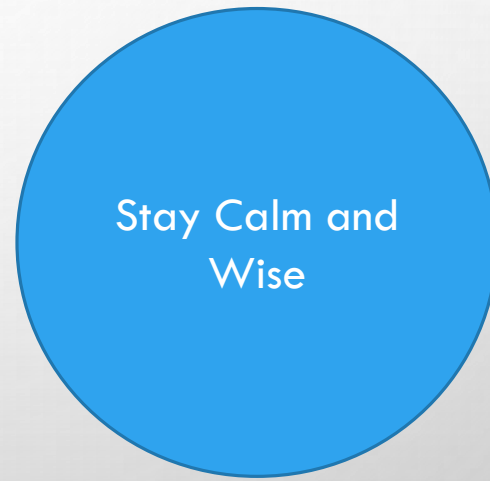
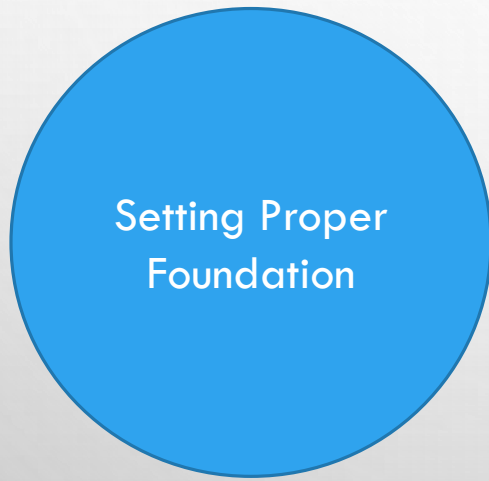
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*THE JOURNEY OF TAO CULTIVATION IS OPEN TO ALL.
MAY YOUR JOURNEY BE FILLED WITH PEACE,
WISDOM, COMPASSION, AND HAPPINESS.*