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# Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX  
August 8<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**





**大學:** 古之欲明明德於天下者，先治其國；欲治其國者，先齊其家；欲齊其家者，先修其身；欲修其身者，先正其心；欲正其心者，先誠其意；欲誠其意者，先致其知，致知在格物。

物格而後知至，知至而後意誠，意誠而後心正，心正而後身修，身修而後家齊，家齊而後國治，國治而後天下平。

**Book of Great Learning:** Over time, people who wish to bring tranquility, virtue, and joy throughout the kingdom first govern their states well. Wishing to govern their states well, they first build harmonious families. Wishing to build harmonious families, they first cultivate themselves. Wishing to cultivate themselves, they first rectify their thoughts. Wishing to rectify their thoughts, they first seek to be sincere in their intentions. Wishing to be sincere in their intentions, they first seek to learn the universal truth to awaken their true self. Seeking to learn and awaken their true self lays in the awareness and elimination of inappropriate desires.

Inappropriate desires eliminated, learning and awakening becomes complete. Learning and understanding being complete, their intentions are sincere. Their intentions being sincere, their thoughts are then rectified. Their thoughts being rectified, their behaviors are cultivated. Their behaviors being cultivated, their families are harmonized. Their families being harmonized, their states are rightly governed. Their states being rightly governed, the kingdom is tranquil, virtuous, and happy.



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格物 Awareness and Elimination

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Over time, people who wish to bring tranquility, virtue, and joy throughout the kingdom first govern their states well.

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Wishing to build harmonious families, they first cultivate themselves.

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Bring Tranquility, Virtue,  
and Joy to Kingdom

Govern States

Harmonize Family

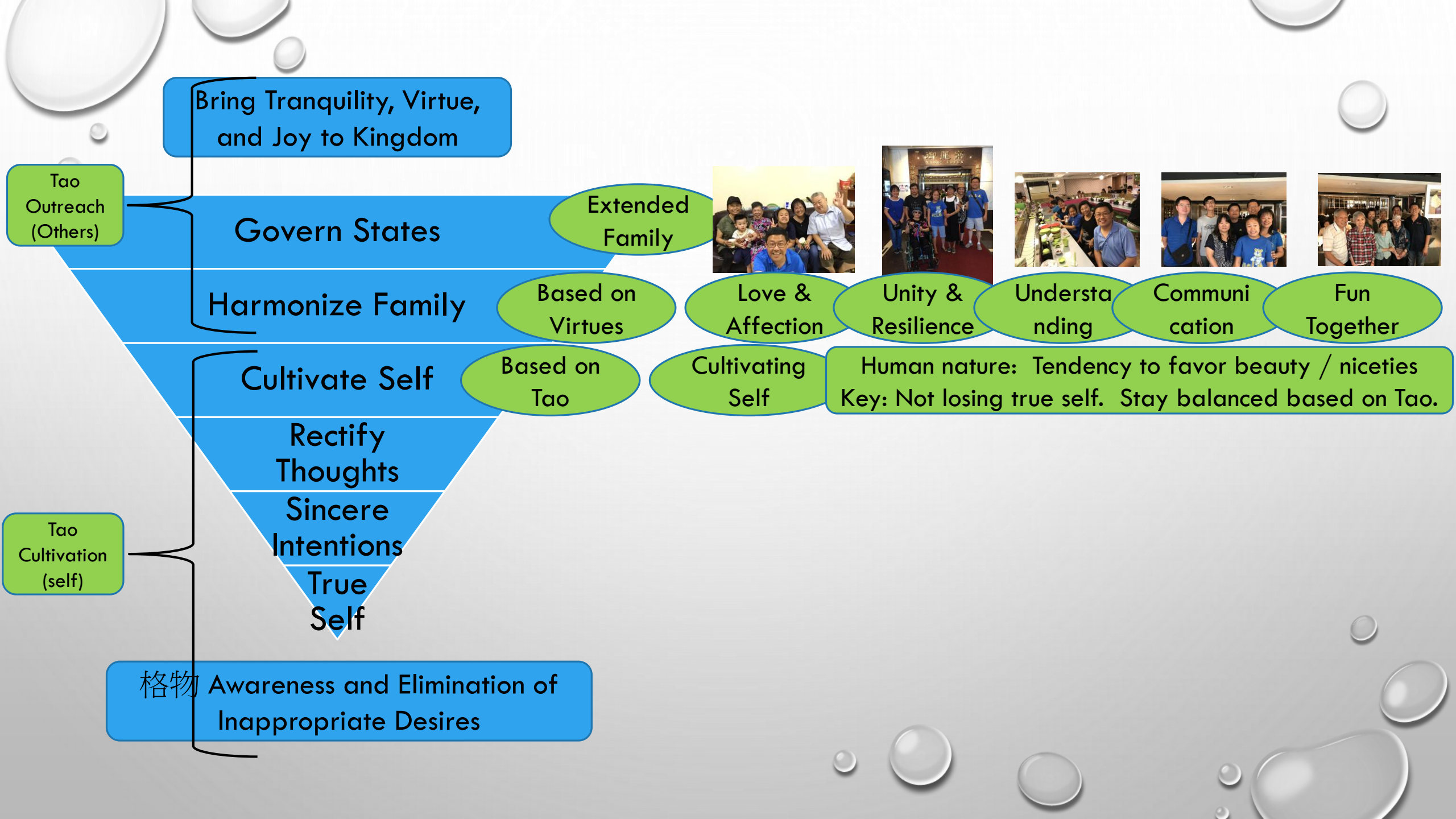
Cultivate Self

Rectify  
Thoughts

Sincere  
Intentions

Awaken  
True  
Self

格物 Awareness and Elimination of  
Inappropriate Desires



Bring Tranquility, Virtue, and Joy to Kingdom

Tao Outreach (Others)

Govern States

Extended Family



Harmonize Family

Based on Virtues

Love & Affection

Unity & Resilience

Understanding

Communication

Fun Together

Cultivate Self

Based on Tao

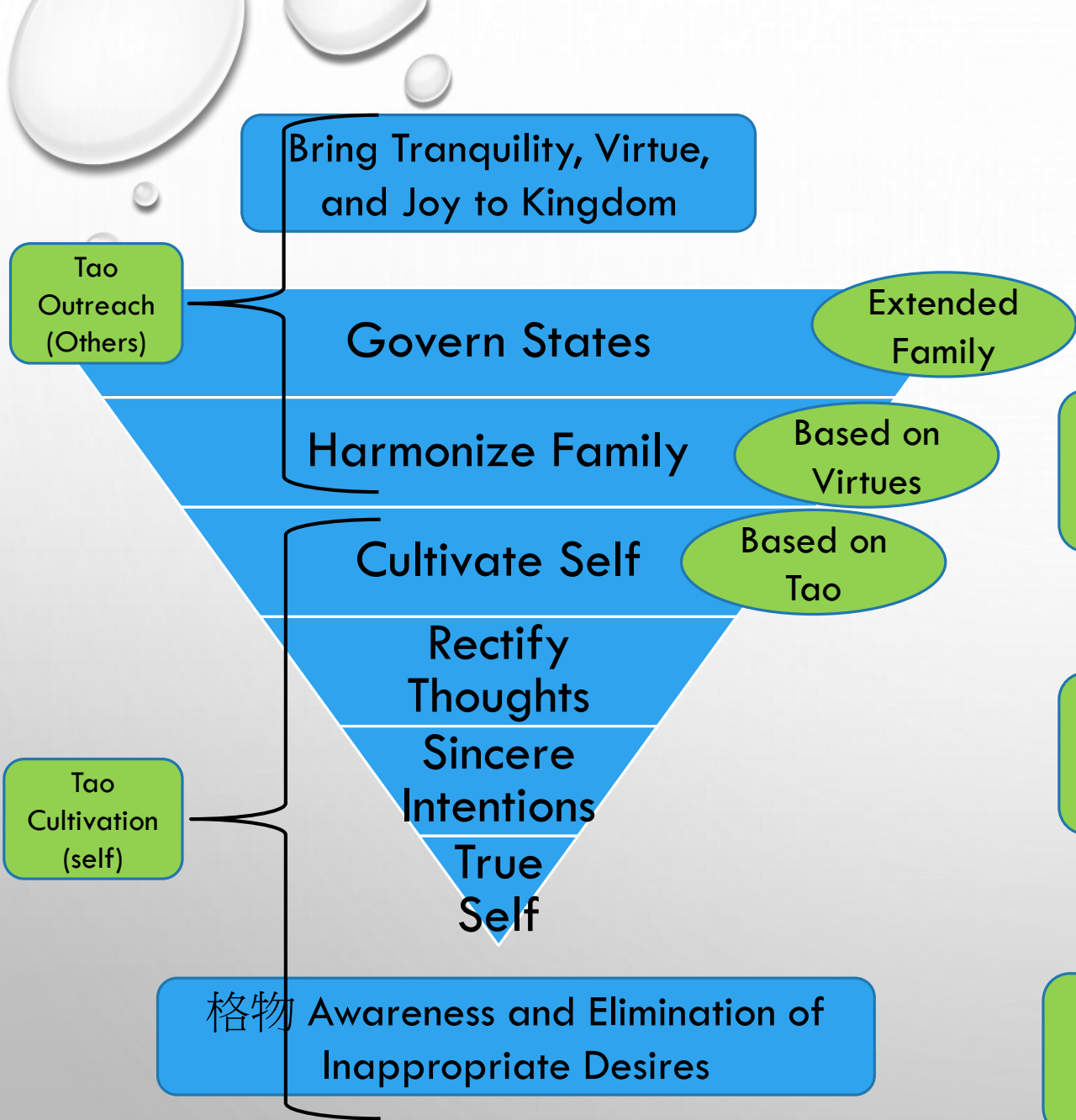
Cultivating Self

Human nature: Tendency to favor beauty / niceties  
Key: Not losing true self. Stay balanced based on Tao.

Rectify Thoughts  
Sincere Intentions  
True Self

Tao Cultivation (self)

格物 Awareness and Elimination of Inappropriate Desires



Holy Teaching:  
To cultivate self, one must rectify own thoughts.

What are some of the thoughts that we have from day to day?

Do we all have the same thoughts after going through a similar experience?

If our thoughts are left unchecked, what would happen to us with our thoughts?







# KARMA

Life Events

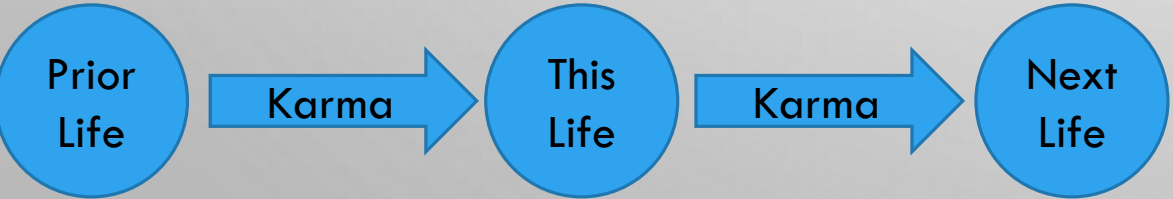


Tao Heart  
Human Heart

Past Karma from Prior Life  
Bad Habits Causing More Bad Karma This Life  
Seeds for Bad Karma in Next Life

Holy Teaching about Karma:  
For all sentient beings, our personalities, encounters, and experiences are manifestations of our previous karma.

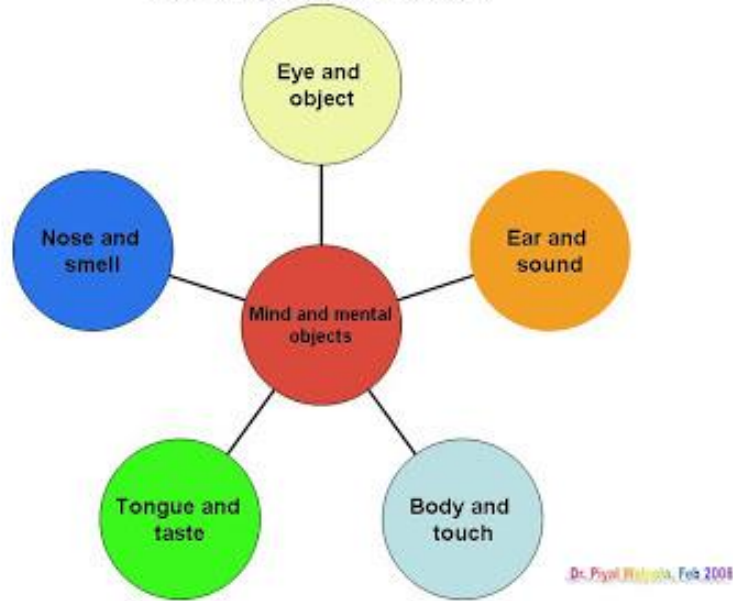
Holy Teaching about Karma:  
By cultivating Tao, we could change karma / fate by donating our money, volunteering, and sharing our dharma wisdom under heavenly blessing.  
Practice Zen cultivation using Three Sacred Treasures to calm and rein in our wandering / racing thoughts.



Holy Teaching teaches us to guard our six senses in our Current Life.

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 six senses



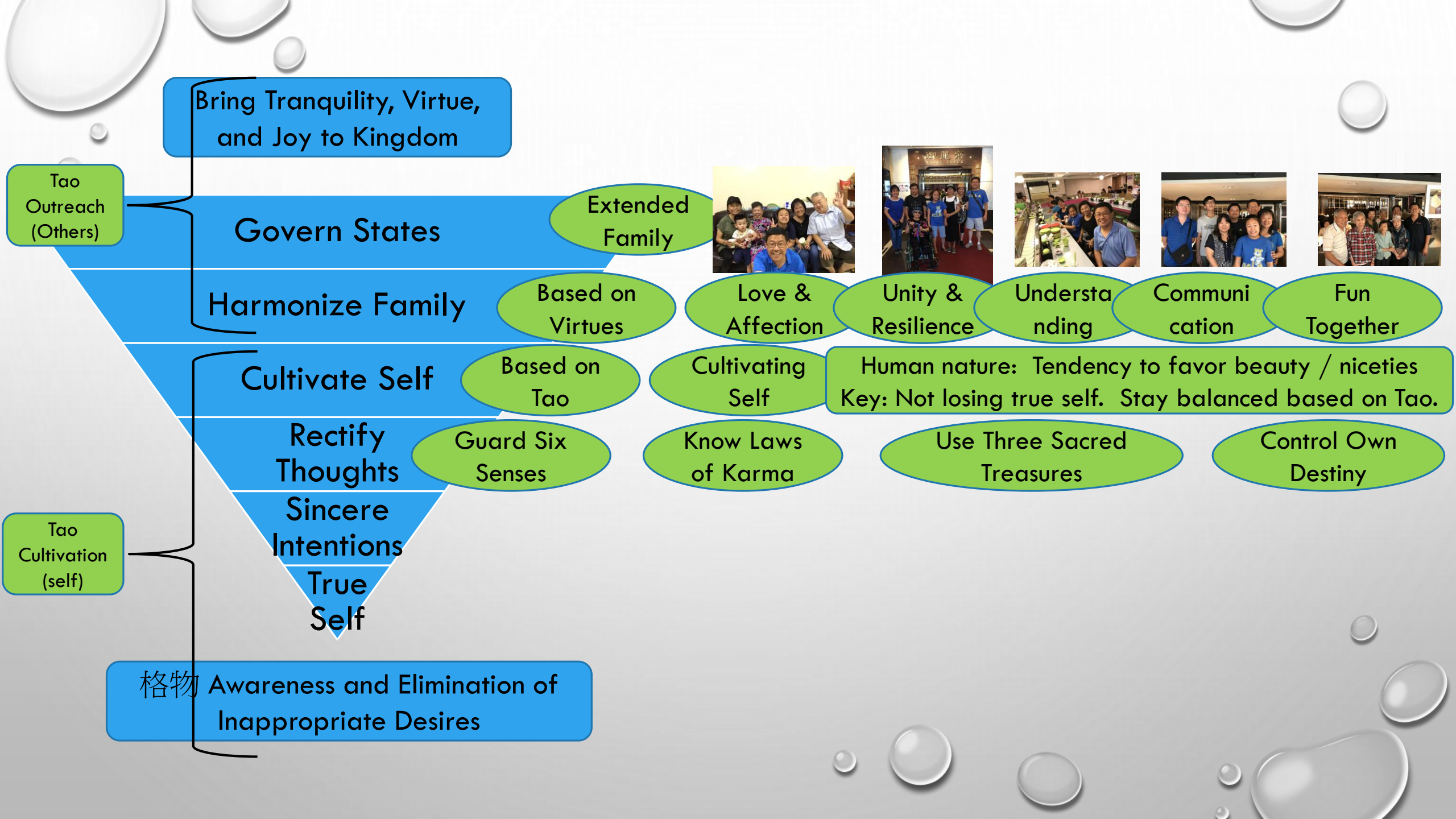
The term "six sense objects" refers to those objects which are cognizable by the six sense organs: the eye, ear, nose, tongue, body, and mind.

**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, implanted as seeds in cycles of reincarnation.**









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Tao Outreach (Others)

Govern States

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Harmonize Family

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Cultivate Self

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Rectify Thoughts Sincere Intentions True Self

Guard Six Senses

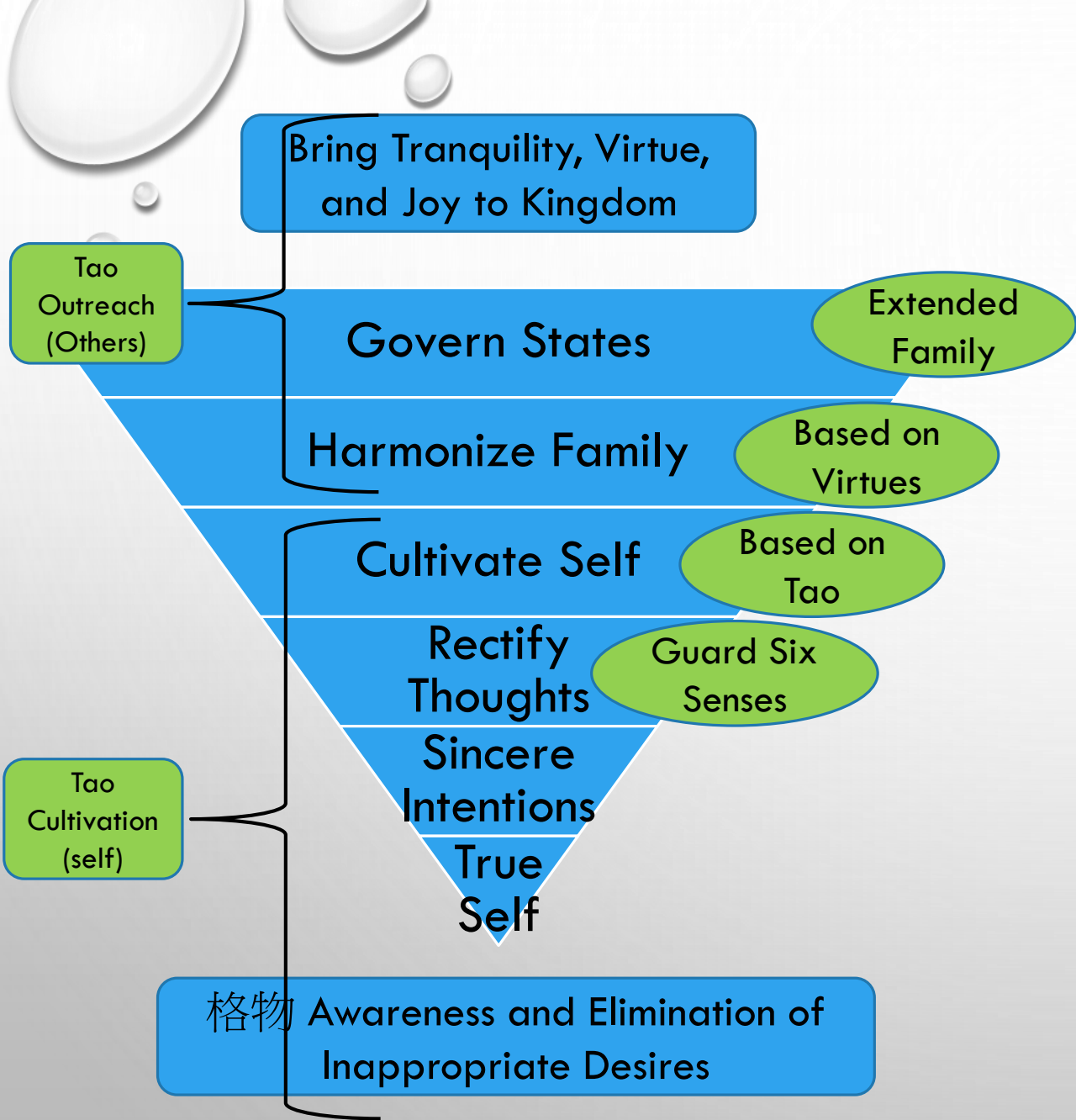
Know Laws of Karma

Use Three Sacred Treasures

Control Own Destiny

Tao Cultivation (self)

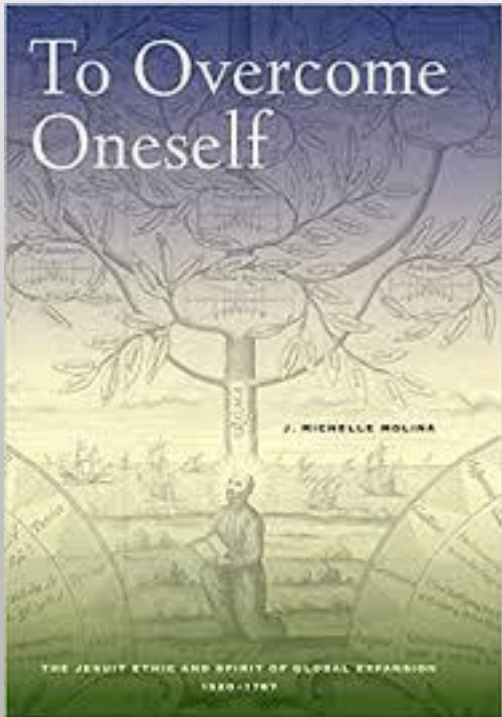
格物 Awareness and Elimination of Inappropriate Desires



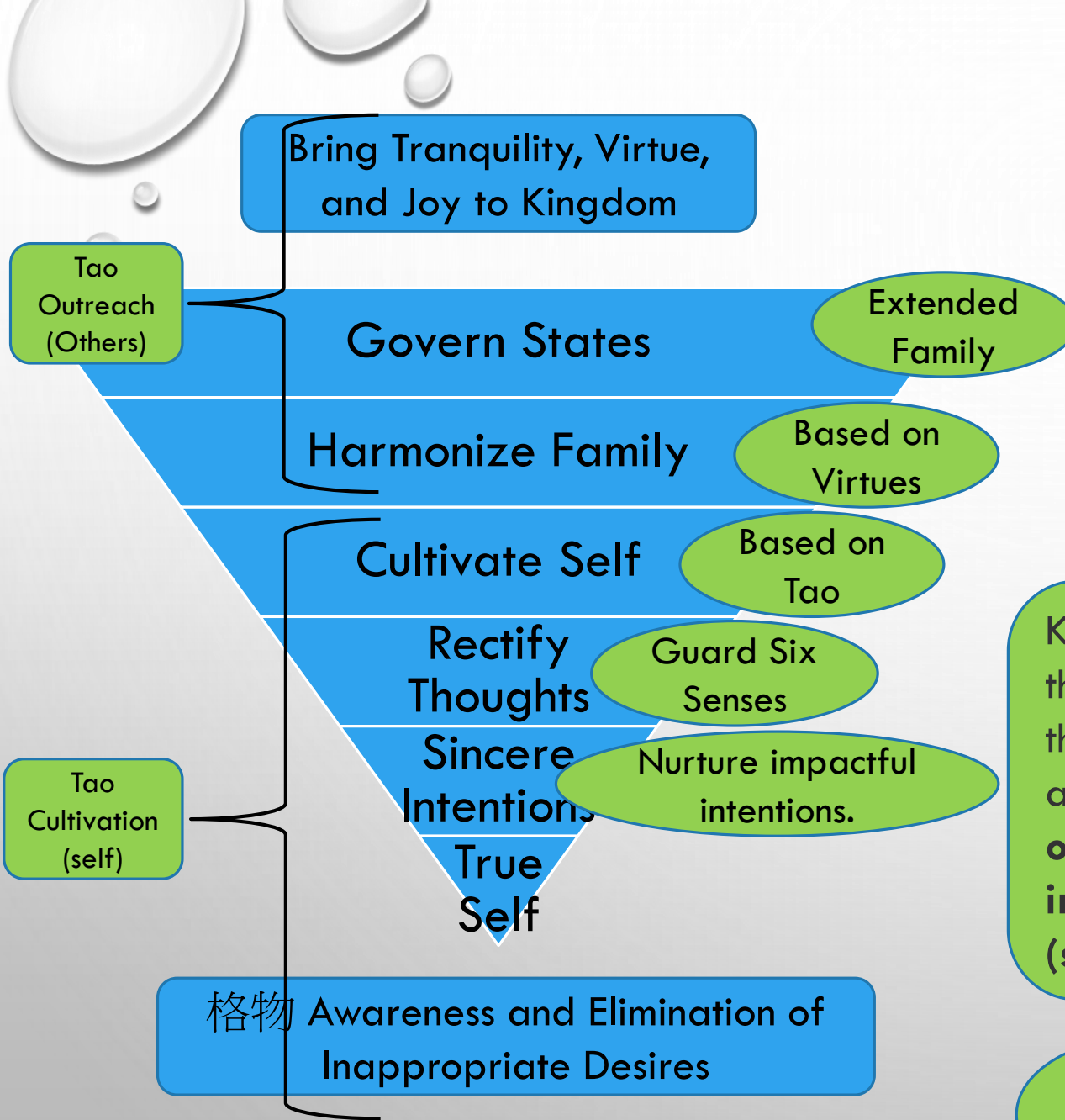
How powerful are our intentions?

What impact do our intentions have on us, our family, and our communities?

How could we use our intentions, given all the issues facing mankind today?







Intention in Sanskrit is called **Samkalpa**, literally meaning what you create in your mind with will, desire or imagination. It is more than a mere thought. Intention caused by desire and moved by the will in the direction of a specific purpose or goal is impactful.

Right intention also plays an important role in overcoming the evil qualities such as lust, greed, pride, etc.

Knowingly or unknowingly, willingly or unwillingly we let things happen, first through our intention, then through our thoughts and beliefs and finally through the force of action and attention. In our little microcosms **we are masters of our fate and creators of our individual destinies**. When intentions persist, they become latent thoughts (**samskaras**) which form the seed for the next life.

Intentions lead to thoughts.

Be positive and sincere with our intentions.

Be honest to ourselves.



# A MONK WHO BOUGHT A FERRARI

-GAUR GOPAL DAS

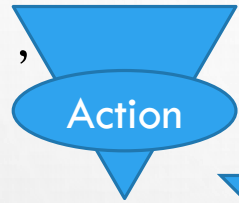
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***Sharing of Perspectives .....***



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