

The background features several realistic water droplets of various sizes, some in the top-left and top-right corners, and others in the bottom-right corner. The droplets have highlights and shadows, giving them a three-dimensional appearance.

Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX
De-Guang Temple, Irvine CA
August 15th 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: 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 elimination of inappropriate desires and congruency in words and actions. Inappropriate desires eliminated and congruency in words and actions achieved, 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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Action

格物 Elimination and
Congruency

Results

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Inappropriate desires eliminated and congruency in words and actions achieved, learning and awakening becomes complete.
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Their thoughts being rectified, their behaviors are cultivated.
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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

Guard Six Senses

Know Laws of Karma

Use Three Sacred Treasures

Control Own Destiny

Thoughts → actions

Sincere Intentions

Nurture impactful intentions.

Intentions → thoughts.

Be positive & sincere w/ our intentions.

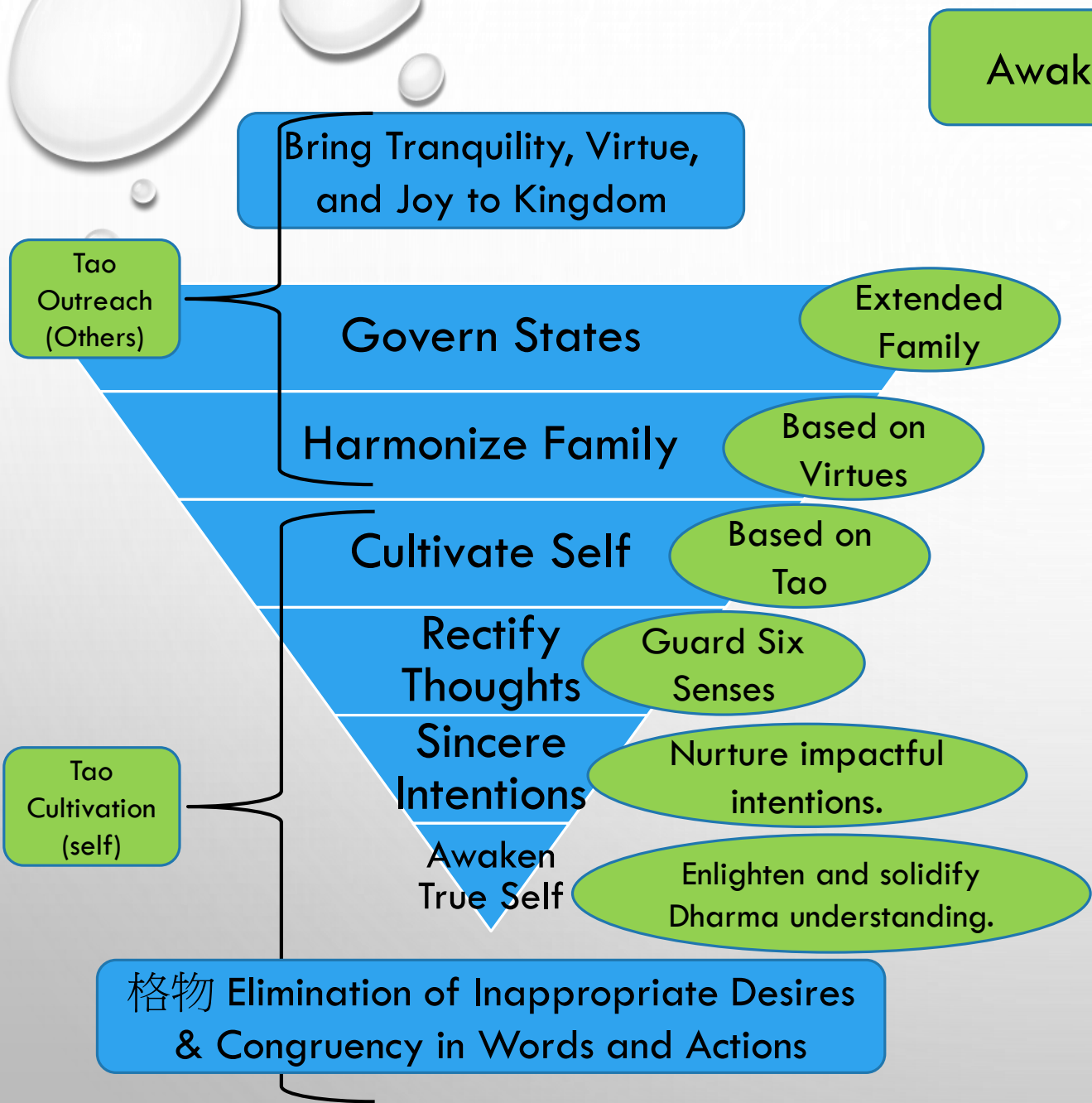
Be honest and true.

Awaken True Self

Tao Cultivation (self)

格物 Elimination of Inappropriate Desires & Congruency in Words and Actions

Awaken True Self, what does this mean?



Two Components: 1.) 啟發悟性 Enlighten. 2.) 充實理智 Solidify understanding of Dharma.

Results: 1.) 明理 Clear Dharma understanding. 2.) 思路清晰 Balanced and sound thinking. 3.) Sincere intentions.

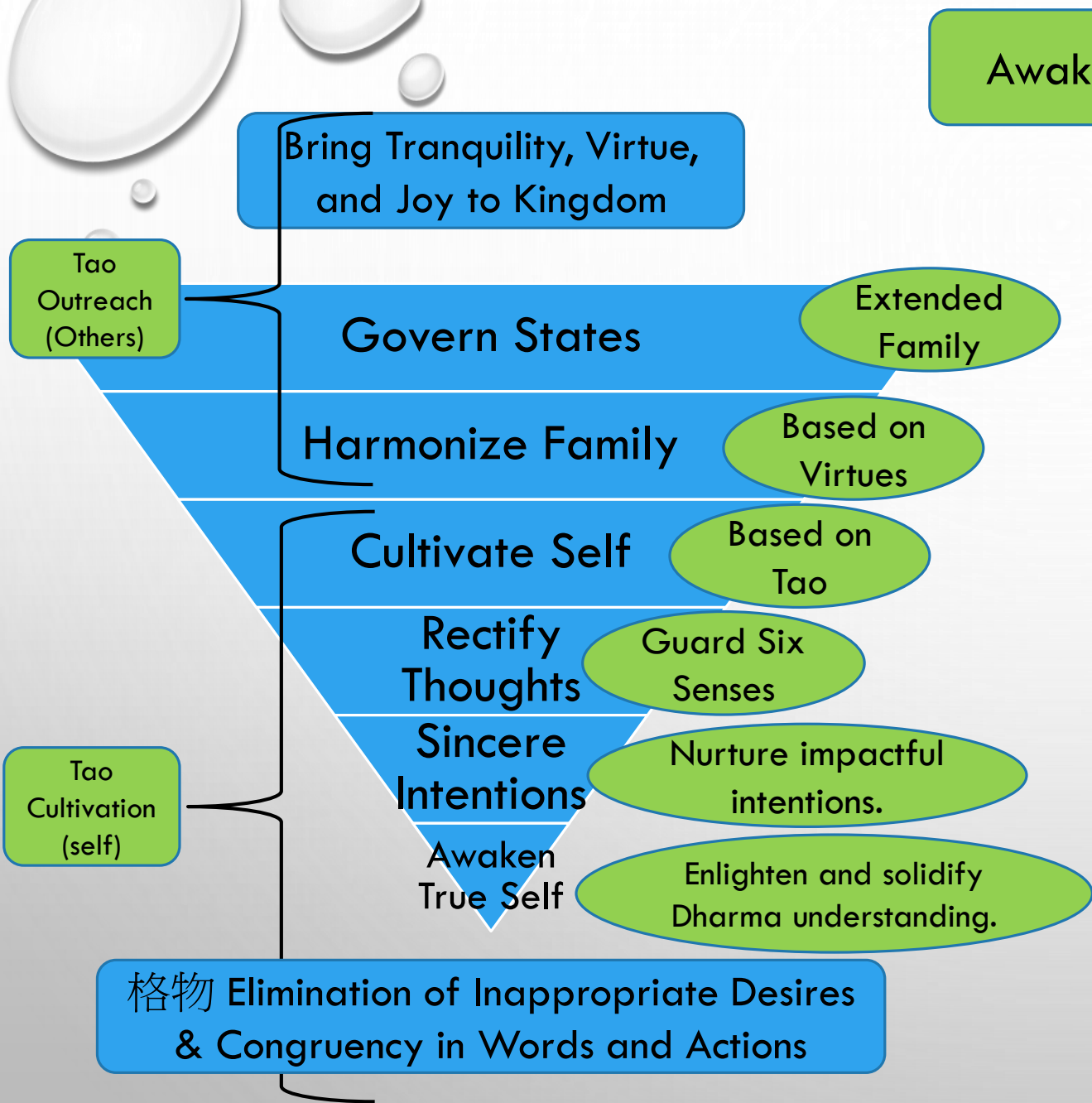
Only ask from Heavenly Mother: Our true and sincere heart in Tao cultivation. 真心誠心

Approach: 1.) 反省 Self reflect and meditate. 2.) 自思 Realization. 3.) 自覺 Awakening of True Self.

Holy Teaching: 王陽明大仙：致良知 Deity Yang-Ming Wang: Achieve True Self Awakening
有: Profound wisdom beyond superficial understanding with selfless mindset
無: Inner self reflection and realization

Holy Teaching: 收視返觀，守中息念 Focus our thoughts on our Hidden Eye. Maintain centered on Hidden Eye to settle down wandering thoughts.

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Why is it important to awaken True Self, with two pillars of Enlighten and Solidify Understanding of Dharma?

Permanence

www.emmasaying.com



SUSTAINMENT

Heavenly Promise: One lifetime of cultivation results in nirvana and permanent salvation.



Extrinsic

Extrinsic

Intrinsic



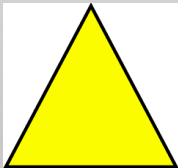
Intrinsic



困而知之 Knowing from Adversity

學而知之 Knowing from Learning

生而知之 Knowing Intrinsically





**WHENEVER
YOU FEEL**

DISCOURAGED

IN LIFE

-GAUR GOPAL DAS

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Sharing of Perspectives



"However disciples, when I pass away, you may think," the Master's doctrine is gone and the Master is no more." You should not think so because the **Dharma and the Discipline**, which I have taught you, **will be your Master after my death. "Let the Dharma be your light. Let It be your refuge.** Do not seek any other refuge. "Disciples, you should **well protect and preserve the doctrine** which I advised you to probe so that this holy life may take its course and **continue for ages to come for the welfare of many, to console the world, and for the happiness and welfare of the heavenly beings and men."**

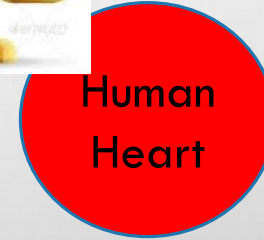
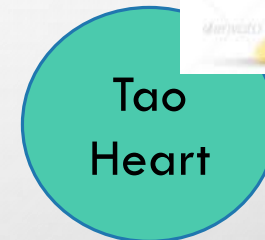
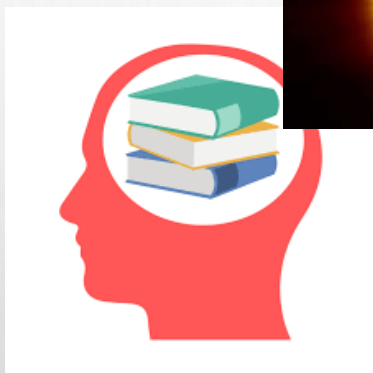
Awaken True Self

Solidify understanding of Dharma.

Approach: 1.) 反省 Self reflect and meditate. 2.) 自思 Realization. 3.) 自覺 Awakening of True Self.

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Question: Is it enough if I just focus on learning to expand my knowledge of this sentient world to awaken my True Self?



Holy Guidance: 故所知愈多，外誘愈甚，是非不分，愈知愈迷，因為沒有悟性良知在坐鎮。
As our knowledge increases, external temptation facing us also increases. Consequently and unknowingly, we change and become more confused, selfish, and unhappy over time. Why? Because we have lost the way and our True Self.

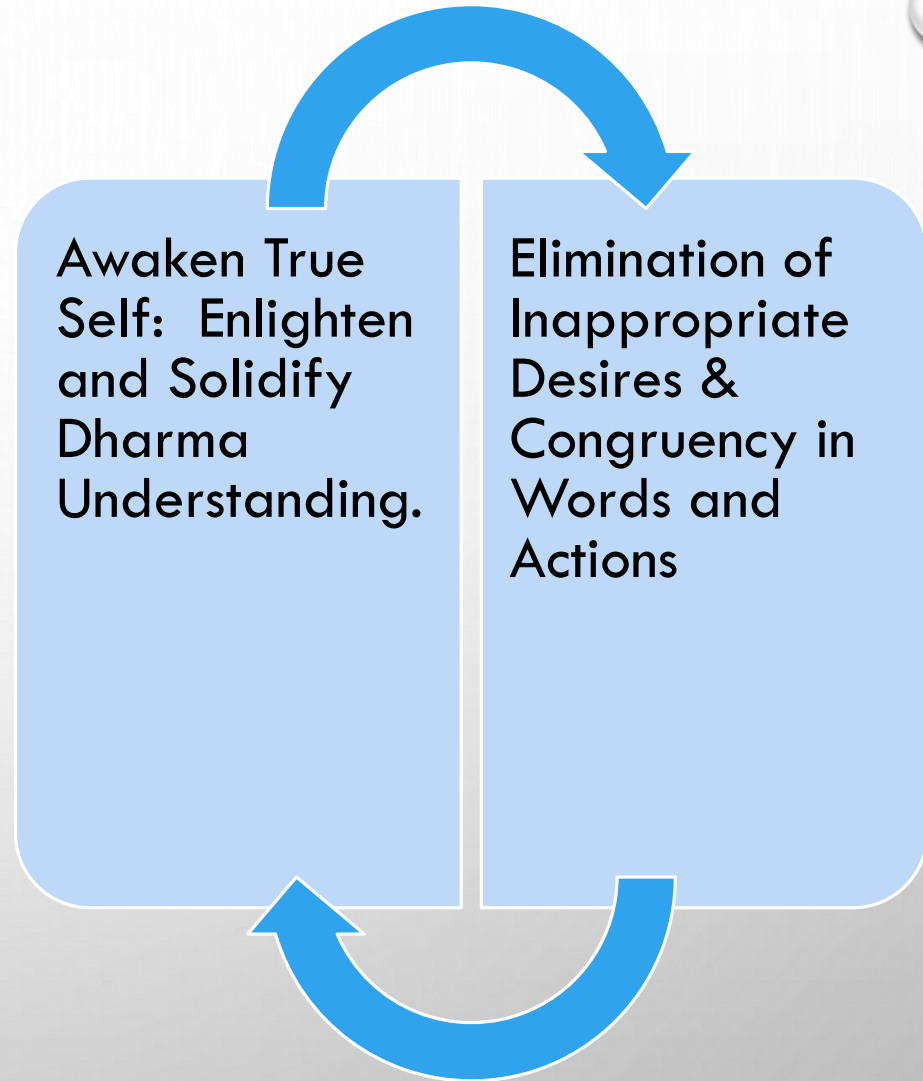
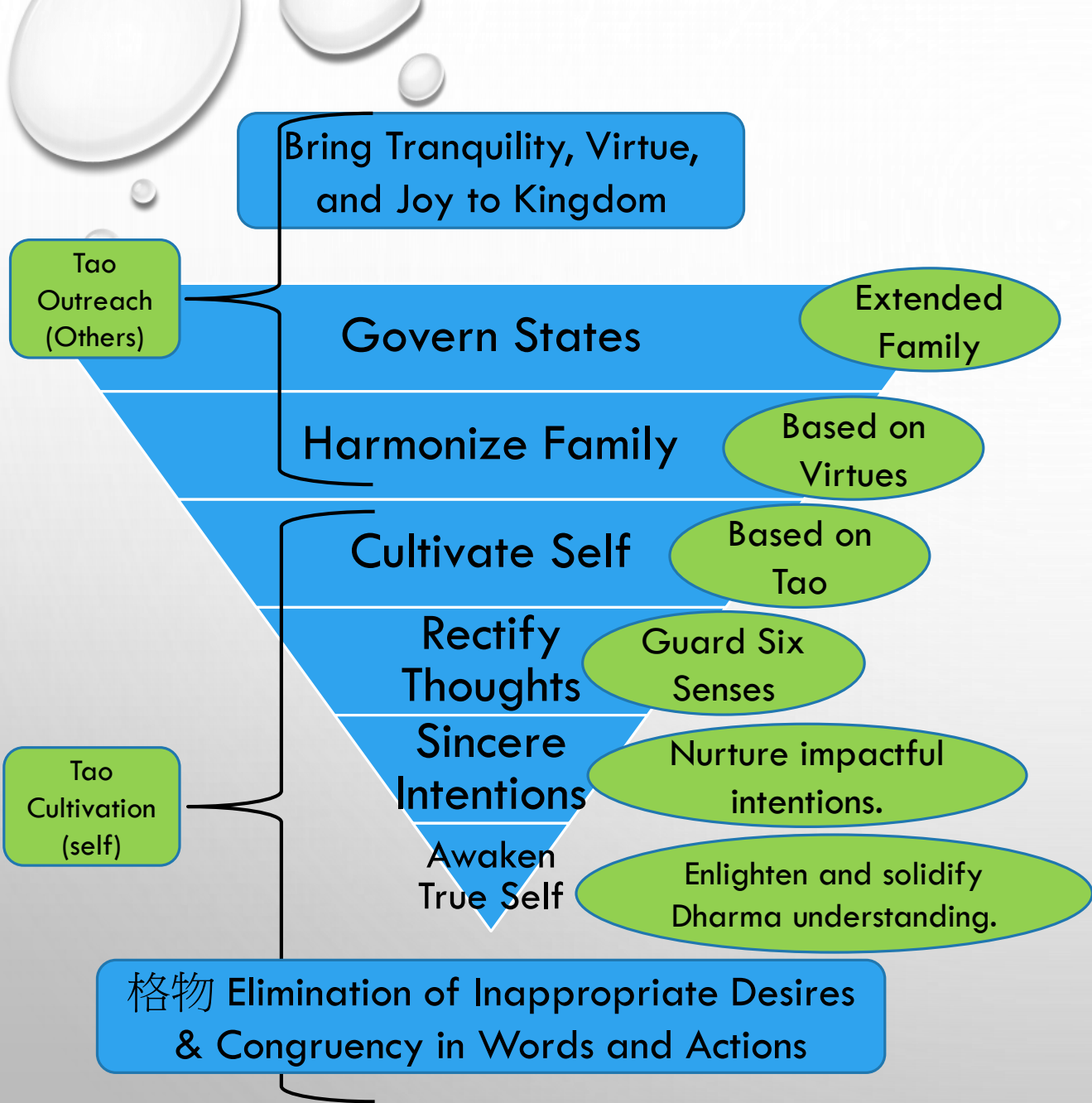
Holy Teaching: 人皆曰予知，驅而納諸苦獲陷阱之中，而莫之知辟也。

Human nature naturally guides us to pursue material things to satisfy selfish desires and cravings, which cause great pain and suffering, as we become entrapped by our own ignorance, obsession, and greed, losing the way and our True Self.

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.

Holy Teaching: 欲誠其意，擴大自己的真知，才能降伏妄念，理路清明，自誠光明。 In order to have sincere intentions, one must focus and expand our innate wisdom from our True Self. This is the only way to overcome desires, have clarity in thoughts, and have sincere intentions.

老子：執古之道，以御今之有。Lao Tzu reminds us to use the ancient Tao passed down from patriarch to patriarch to help us manage all the physical manifestations in the sentient world.



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Awaken True
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and Solidify
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Elimination of
Inappropriate
Desires &
Congruency in
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Holy Teaching: 王陽明大仙：
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以心中所知之正確標準與操
守，通過所行以使事物與心
合一。 Deity Yang-Ming Wang:
Congruency between
understanding and words /
actions to help govern all
affairs and activities. Use our
innate wisdom in our True Self
to ensure that our words /
actions, when transacting during
our affairs and activities, are
not in conflict with one another.

Holy Teaching: One key
impediment to achieving
congruency is our overpowering
obsessions and greed causing us
distractions and impeding our
progress in understanding and
practicing the true Tao Dharma
teaching.

格物 Elimination of Inappropriate Desires & Congruency in Words and Actions

Life is a journey of learning and self improvement. It is perfectly normal to experience setbacks as part of life. Do not be discouraged or shackled by our mistakes committed in the past. Be grateful for heavenly blessings, repent sincerely, and cultivate diligently.

食色性也 It is our human nature to prefer delicious food and niceties in life. 君子愛財 取之有道 However, a virtuous person acquires niceties in life through virtuous methods, conducting his affairs according to Tao.

王陽明大仙：我能見正心之理，推知天下一切理，心不妄求，人事物正。凡夫與聖人都有一樣的功課，只是聖人從一下功夫，很自然不費力去知行合一。 Deity Yang-Ming Wang: I see the true Dharma in Tao teaching, also able to see the true Dharma throughout the cosmos. I have no selfish desires, hence achieving the Way in my affairs and activities. Sentient beings and Sages have the same homework. Sages who have mastered the Way have completed their homework through cultivation and can naturally and effortlessly achieve congruency between understanding and their words / actions.

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Universal Desires for Sentient Beings



Suggested Approach based on Holy Teachings



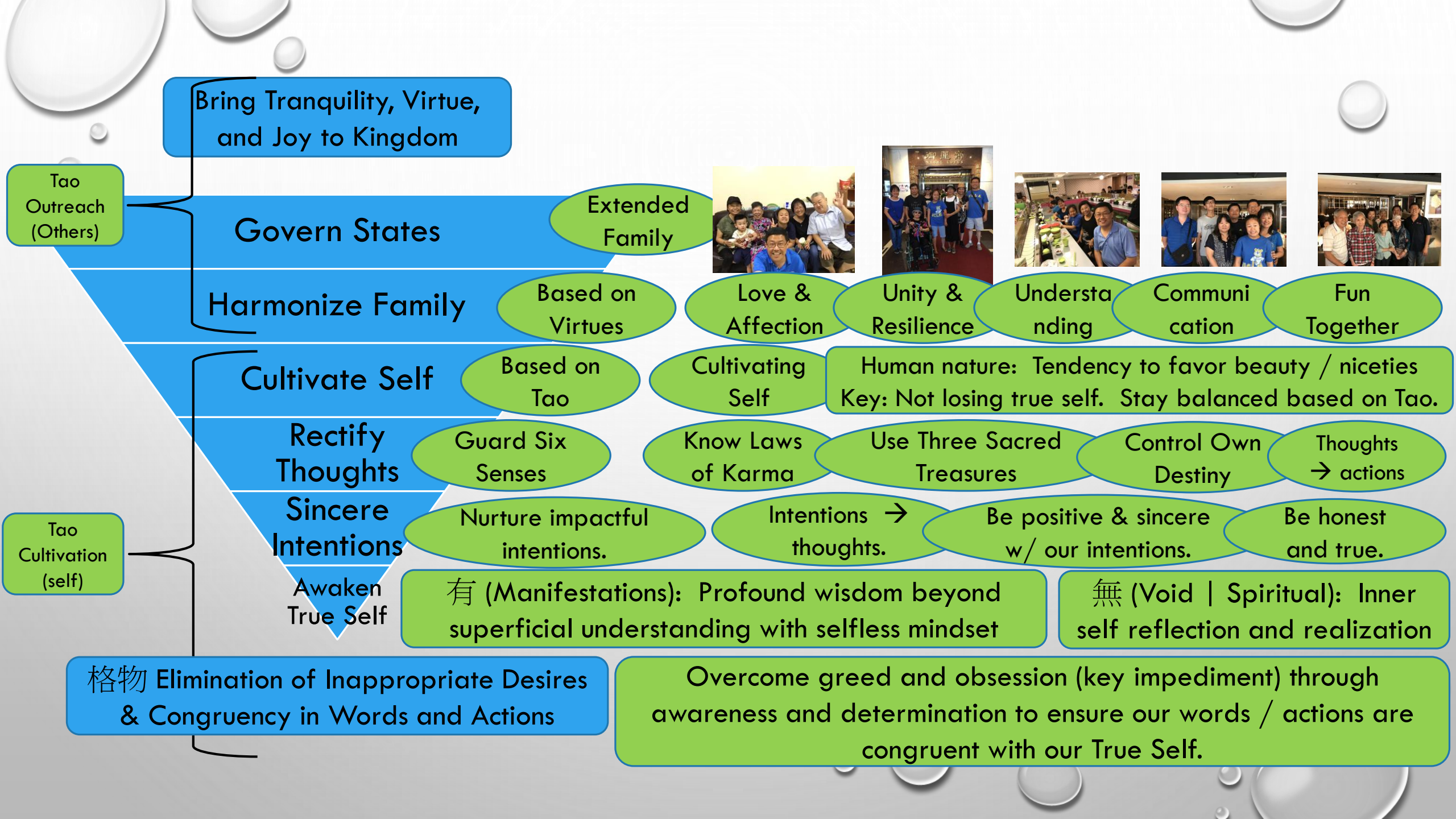
YOUR LIFE IS YOUR CHOICE

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Sharing of Perspectives



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Overcome greed and obsession (key impediment) through awareness and determination to ensure our words / actions are congruent with our True Self.

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