



Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX
De-Guang Temple, Irvine CA
August 22nd 2020

onegreatdao.org



Four Great Books in Confucius Holy Teaching Important for Our Spiritual Cultivation

Confucius Analects

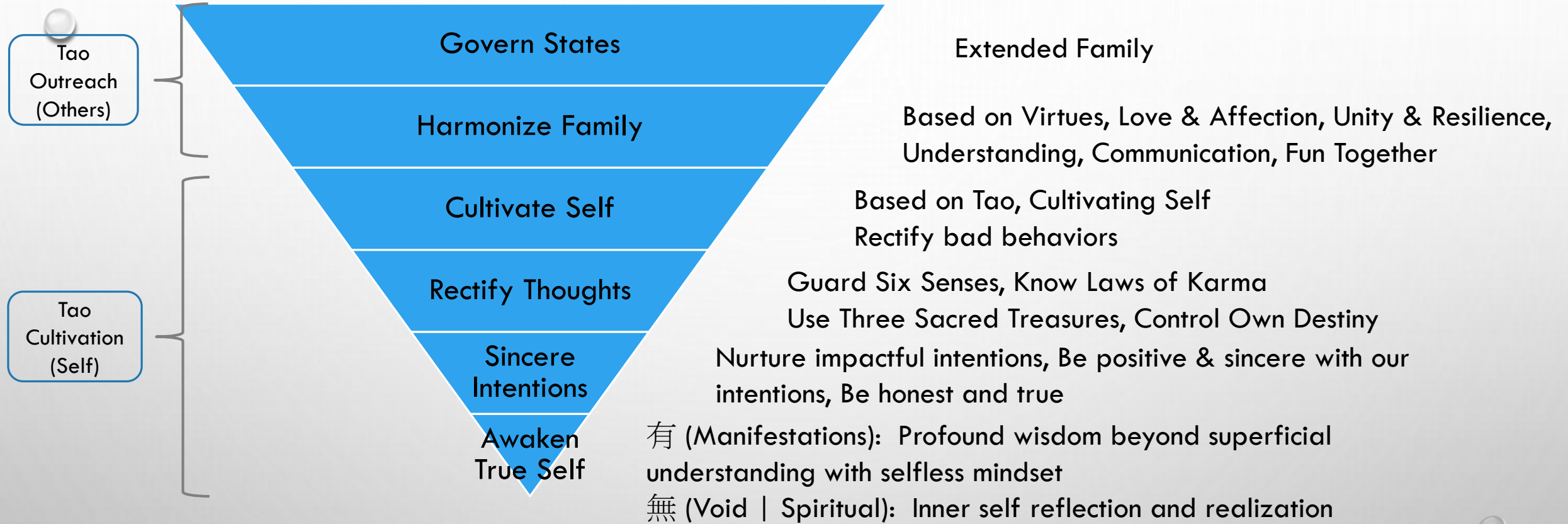
Book of Great Learning

Doctrine of the Mean

Book of Mencius



Bring Tranquility, Virtue,
and Joy to Kingdom



格物 Elimination of Inappropriate Desires & Congruency in Words and Actions

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

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。

Action

格物 Elimination and
Congruency

Results

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 with words and actions.

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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.



大學: 自天子以至于庶人，一是皆以修身为本。

Book of Great Learning: From the Emperor to the common men, they first start by focusing on self cultivation.

子曰：「吾十有五而志于學，三十而立，四十而不惑，五十而知天命，六十而耳順，七十而從心所欲，不逾矩。」

Confucius: At fifteen, I had my mind set on learning. At thirty, I stood firm. At forty, I had no doubts. At fifty, I knew the decree of Heaven. At sixty, my ear was an obedient organ for the reception of truth. At seventy, I could follow what my heart desired, without transgressing from the right and virtuous path.

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Book of Great Learning: From the Emperor to the common men, they first start by focusing on self cultivation.

All sentient beings, born with the innate True Self from Heavenly Mother, must complete their journey for self awakening and self cultivation to return to Heavenly Realm, as disciples of and with the blessings from Maitreya Buddha.

物格而後知至，

Inappropriate desires eliminated and congruency in words and actions achieved, **learning and awakening becomes complete.**

知至而後意誠，

Learning and understanding being complete, their intentions are sincere.

意誠而後心正，

Their intentions being sincere, their thoughts are then rectified.

心正而後身修，

Their thoughts being rectified, their **behaviors are cultivated.**

身修而後家齊，

Their behaviors being cultivated, their families are harmonized.

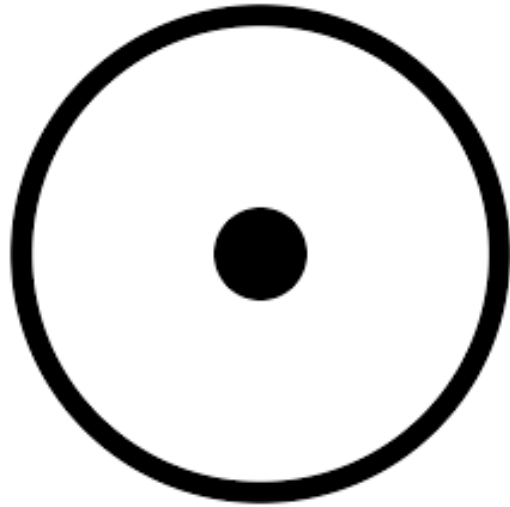
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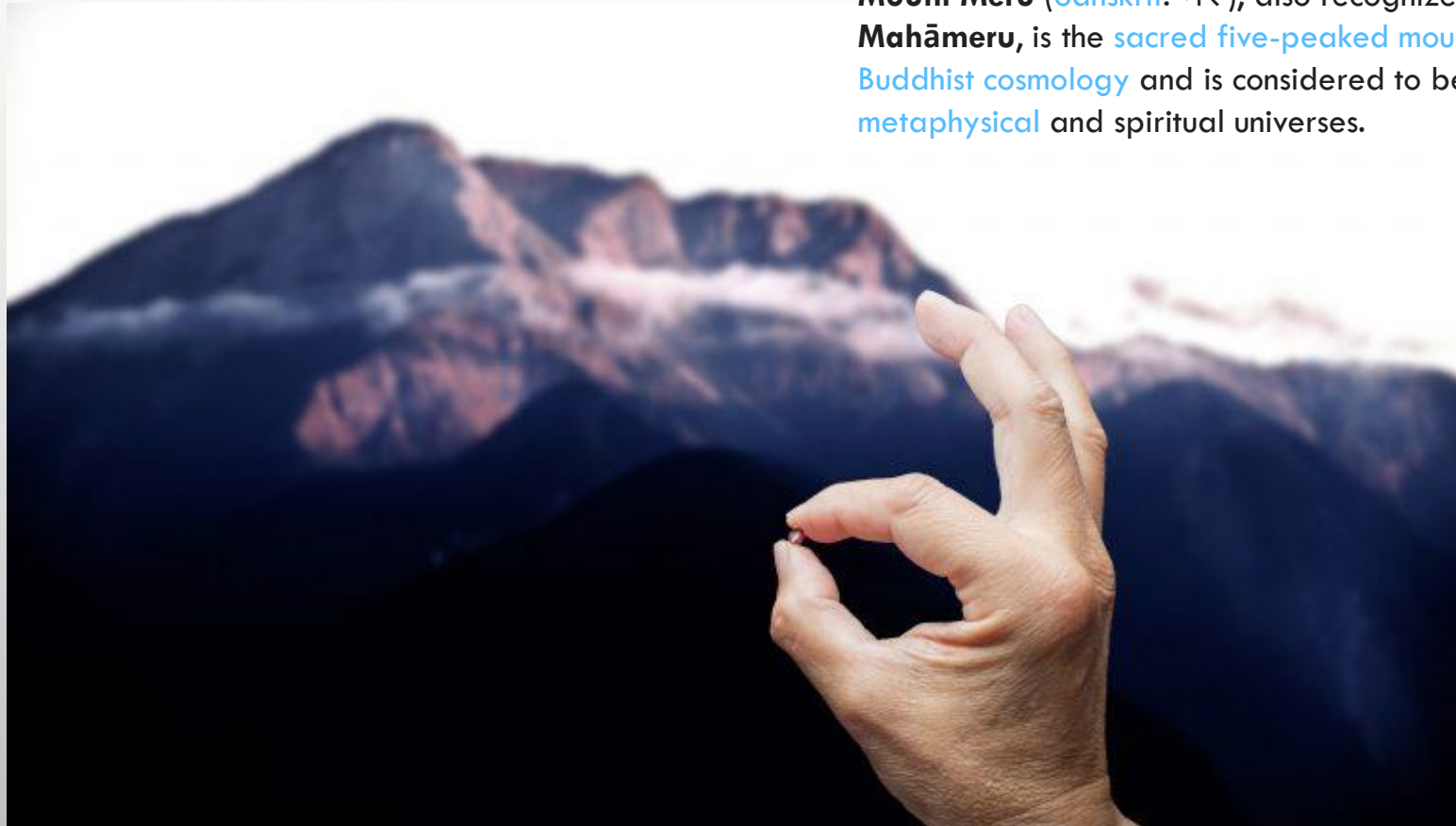




「須彌納藏芥子，芥子納須彌」

“MOUNT SUMERU CAN HIDE MUSTARD SEED,
MUSTARD SEED CAN INCLUDE MOUNT SUMERU”

Mount Meru ([Sanskrit: मेरु](#)), also recognized as **Sumeru**, **Sineru** or **Mahāmeru**, is the [sacred five-peaked mountain](#) of [Hindu](#), [Jain](#), and [Buddhist cosmology](#) and is considered to be the center of all the [physical](#), [metaphysical](#) and spiritual universes.



Holy Teacher: When is our heart infinite?

- When we found our true Dharma heart.
- When we reduce desires, our heart is generous.
- When we unite with nature, our heart is unmeasurable.
- When we experience the joy of reading scripture or deep connection with people, our heart is open.



On the contrary,

- With greed and hatred to wish death to others, our heart is the most narrow.
- When angry at adversity, our heart is most confining.
- Harmonious world is when everyone's heart is connected.

⇒ This is our focus and mindset to behold in our cultivation

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15: Mind set on learning.

30: Stood firm.

40: Had no doubts.

50: Knew Heavenly Decree.

60: Ears hearing Truth.

70: No transgressions.

Spiritual learning and development to set strong moral foundation.

Re-calibration & tuning in perspectives to continue spiritual growth.

Advance spiritual understanding through life experiences.

Understand our role and role of mankind in cosmos to fulfill heavenly mission.

Starting to achieve spiritual mastery in life.

Perfect spiritual mastery in life, just like water in nature.

Academic and life learning and development.

Not losing focus on cultivation despite of life's responsibilities.

Having priorities between permanence and impermanence.

Continue to fulfill life responsibilities in accordance with Tao.

Six senses well trained & disciplined, while living under tempting environment.

Kind, loving, and caring to continue family legacy and tradition.

Awakened True Self. Lifelong commitment to self cultivation and propagation of The Way to help uplift others.

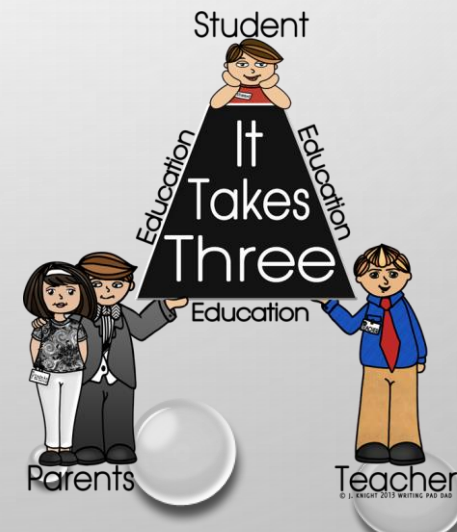


Sharing of Perspectives



Moral of the story: Respect your duty. Perform each task with sincerity and conviction.

Holy Teaching: Everything in the world has its own purposes.
Heave, Earth, Animals, Plants, Human, Cultivator



Vocation as
Tao Cultivator



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Youth: Guard against Lust.

Peak: Guard against quarrelsomeness.

Elder: Guard against covetousness.

- Damaging physically and spiritually.
- Distractions from realizing life's full potential.
- Risk to building a foundation for a harmonious family.

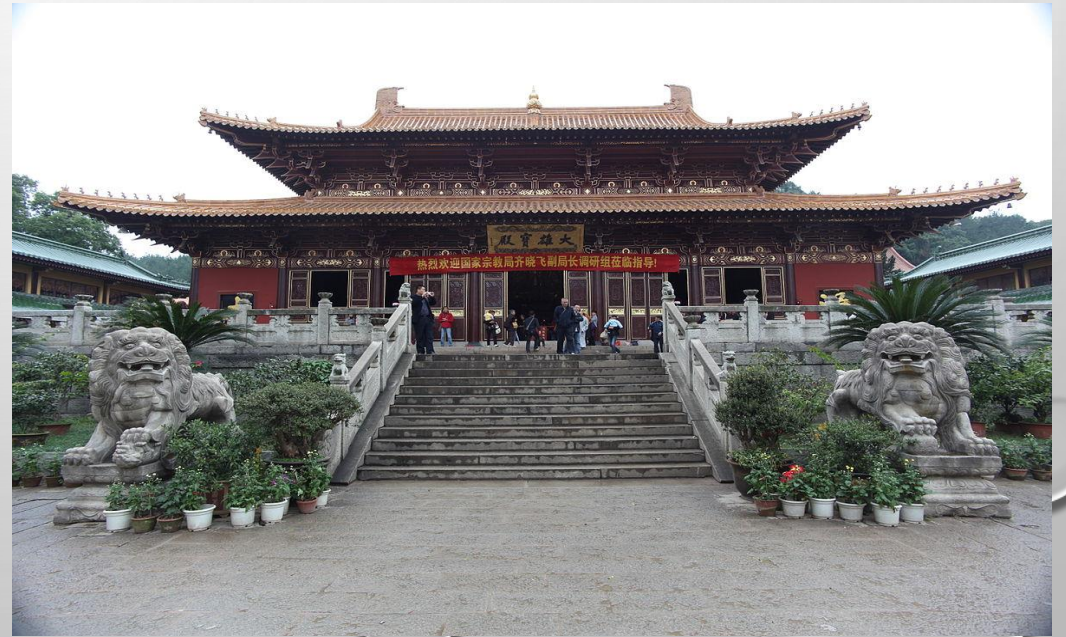
- Desire to win at the pain and loss of others is like a blackhole.
- Damaging to own character & planting seeds for bad karma.
- Setting bad examples for others / youngsters to emulate.

- Covetousness: Having a strong desire, especially for another's possessions.
- Risk of financial loss / damaging to own character.
- Spiritual disturbance. Drains positive energy.

Scripture class for youth.
Meditation. Temple activities.

Study and discussion. Reflect and calibrate. Focus on cultivation.

Provide guidance and support to young. Grateful for life's blessings.



Sharing of Perspectives

When we are abused or ridiculed by others as we aim to complete a heavenly mission, what do we do?

When we are right on principle, instead of loudly argue with others to convey our points, peacefully and calmly converse with others to persuade / convince them to change what they do. If they disagree, respect the disagreement and maintain the respect of each other. Do not change your moral conviction to simply please others.



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