

The background features several realistic water droplets of various sizes, some with highlights and shadows, scattered in the corners of the page. The largest droplets are in the top-left and bottom-right corners, while smaller ones are scattered throughout.

Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX
De-Guang Temple, Irvine CA
October 3rd 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





所謂脩身在正其心者，身有所忿懣，則不得其正；有所恐懼，則不得其正；有所好樂，則不得其正；有所憂患，則不得其正。 What is meant by, "The cultivation of the person depends on rectifying the mind" speaks of if a person was under the influence of anger or anxiety, he/she would not be able to stay centered; if a person was under the influence of fear, he/she would not be able to stay centered; if a person was under the influence of desire or pleasure, he/she would not be able to stay centered; if a person was under the influence of sorrow or sadness, he/she would not be able to stay centered.

心不在焉，視而不見，聽而不聞，食而不知其味。此謂脩身在正其心。 When the mind is not present, we look and do not see; we hear and do not comprehend; we eat and do not know the taste of what we eat. This is what is meant by saying that the cultivation of the person depends on the rectifying of the mind.

正其心: Rectifying the mind. What does it mean?



正其心 Rectifying the mind means that our mind stays in the state of equilibrium.

As described in the Doctrine of the Mean: 喜怒哀樂之未發，謂之中；發而皆中節，謂之和； While there are no stirrings of pleasure, anger, sorrow, or joy, the mind may be said to be in the state of Equilibrium. When those feelings have been stirred, and they act in their due degree, what ensues what may be called the state of Harmony.

中也者，天下之大本也；和也者，天下之達道也。致中和，天地位焉，萬物育焉。 This Equilibrium is the great root from which grow all humanity in the world, and this Harmony is the universal path which humanity should all pursue. Let the states of equilibrium and harmony exist in perfection, and a happy order will prevail throughout heaven and earth, and all things will be nourished and flourish.

Deeper Dive

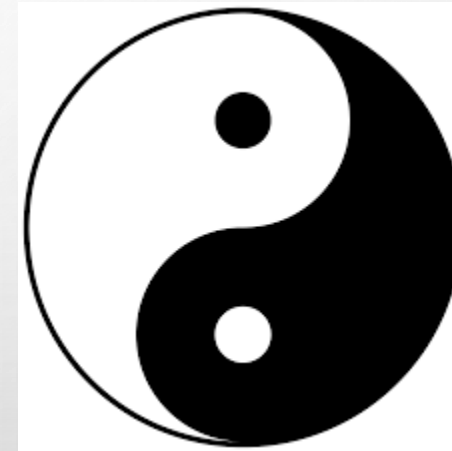
正其心 Rectifying the mind means that our mind stays in the state of equilibrium.

We all have emotions, such as feelings of pleasure, anger, sorrow, or joy (喜怒哀樂). Key is our level of mastery to achieve and maintain the states of equilibrium 中 (stillness mode) and harmony 和 (action mode).

Hence: 喜怒哀樂之未發，謂之中；發而皆中節，謂之和； While there are no stirrings of pleasure, anger, sorrow, or joy, the mind may be said to be in the state of Equilibrium. When those feelings have been stirred, and they act in their due degree, what ensues what may be called the state of Harmony.



Two sides
of the
same coin



Co-
Dependent
/ Part of
One

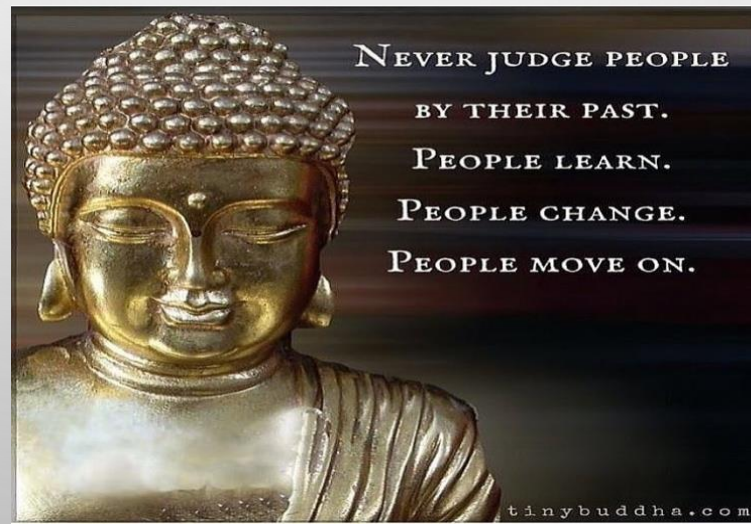
Tao Cultivation means
Live in the Zen / Being Mindful / Be in the
Moment in Stillness or Action States.

Tao Cultivation means

Live in the Zen / Being Mindful / Be in the Moment in Stillness or Action States.



Visualize your mind as a mirror. Image comes and goes and nothing is left behind.



Unable to stay centered / maintain equilibrium (stillness) / achieve harmony (action)

有所忿懣

Anger or anxiety

有所好樂

Desire or Pleasure

有所恐懼

Fear

有所憂患

Sorrow or sadness

Left unmanaged, we would be consumed by our negative emotions.



A fire out of nowhere burns all the merits.
一把无名火，烧尽功德林



Moral of the Story

It takes a long time to grow a forest. However, a single spark could quickly destroy one.

It take a long time to build up our credibility or reputation. However, a single bad decision could ruin it quickly.

Sudden burst of anger can quickly destroy one's reputation.

If we realize that our actions originate from our thoughts, then our homework in cultivation must start with how we train our human heart to become the master of our thoughts.



Thoughts for Today



《Holy Teacher》

The beauty of the Three Treasures is to help us train and overcome our “human heart”.

Use Three Treasures to overcome our human heart of “restlessness, agony, suffering, and pleasure.”

By using the Three Treasures, we can eradicate thoughts that cause us sickness or sins and hence avoid creating more bad karma to purify ourselves spiritually.

Ji-Gong Buddha, our Holy Teacher, guarantees the effectiveness of using the Three Treasures to calm our wandering human heart.

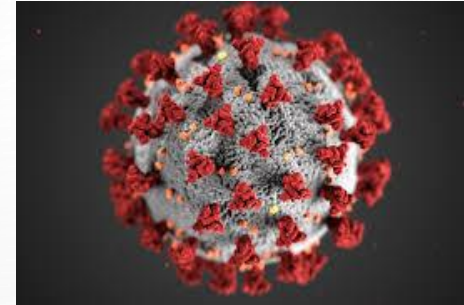
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有所憂患

Sorrow or sadness



Cultivate as we live our life to uplift spiritually for us and others in a community.
Do not let our emotional stir ups caused by impermanent events trip us up.

Unable to stay centered / maintain equilibrium (stillness) / achieve harmony (action)

Use Three Sacred Treasures

Grow Our Heart with Gratitude, Compassion,
Empathy, Wisdom, and Righteousness.

Have Faith in Heavenly Mother in All
Circumstances.

Cultivate a Community.

Do not let our emotional stir ups caused by impermanent events trip us up.

Deeper Dive

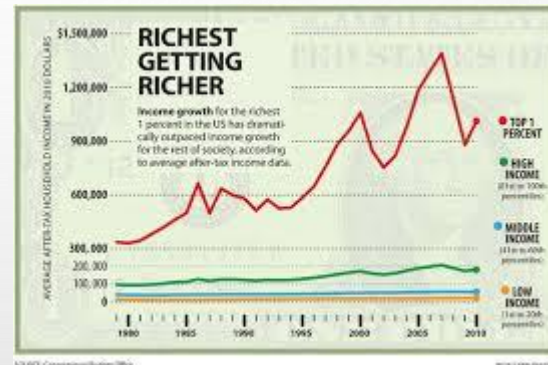
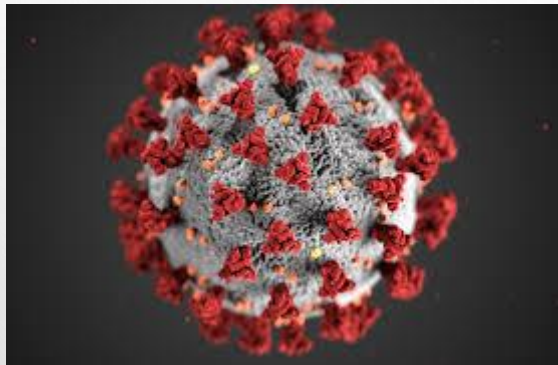
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Finding your
Equilibrium = Finding
Your Root
Identification of Hidden
Eye (Spiritual
Connection to Heavenly
Mother) in Tao Initiation
Ceremony

Living life realizing that
humanity is all connected
spiritually as we are all
children of Heavenly
Mother helps us do our
best to promote harmony,
unity, and selfless love
for each other.

Heaven, Earth, and
Mankind are the Three
Pillars. Hence, we have a
responsibility to help
maintain balance in our
environment, nourish all
living beings, and allow
all to flourish naturally.

From Dalai Lama: Our world has become smaller and we can easily exchange information with each other. That's a context in which we can try to develop more compassionate attitudes among our 7 billion fellow human beings. One thing we need to understand is that the real source of trouble for us all is not something outside us but something here within. It's our feelings of suspicion, fear and anger that we really need to subdue.



Humanity / mankind requires us to focus on cultivation on the basis that we are all One, subdue our suspicion, fear, jealousy, and anger, and communicate, collaborate, and celebrate together to solve these complex issues for future generations.



REACT

or

RESPOND

Gaur Gopal das

Unable to stay centered / maintain equilibrium (stillness) / achieve harmony (action)

有所忿懣

Anger or anxiety

有所恐懼

Fear

Stimulus

Circumstances
Events
Situations

Choices
(Our
Free
Will)

Response

Actions
Attitude
Wellness

Cultivate as we live our life to uplift spiritually for us and others in a community.
Do not let our emotional stir ups caused by impermanent events trip us up.

Deeper Dive

心不在焉，視而不見，聽而不聞，食而不知其味。此謂脩身在正其心。 When the mind is not present, we look and do not see; we hear and do not comprehend; we eat and do not know the taste of what we eat. This is what is meant by saying that the cultivation of the person depends on the rectifying of the mind.

Why is our mind not present (in the moment) 心不在焉?



Hence, 視而不見，聽而不聞，食而不知其味。 We look and do not see; we hear and do not comprehend; we eat and do not know the taste of what we eat.

Tao Cultivation means Training Our Minds to Live in the Present. Treasure every moment that we have as a Present from Heavenly Mother.

脩身在正其心者 The cultivation of the person depends on rectifying the mind



Tao Spiritual Cultivation

Bring balance, health, and wellness for us spiritually, mentally, and physically.

Snake in the Glass

《晉書·樂廣傳》杯弓蛇影



Power of Mind



Moral of the Story

Mind could be very powerful and could control our body as our body reacts to mere speculations or fears.

Power of belief could cause someone negative conditions, from sickness to death

If we realize the power of mind, then our homework in Tao cultivation must start with how we train our mind to be the master of our wandering mind.

Thoughts for Today

《Holy Teacher》

The heart must be modest, mind must be tranquil, not disturbed by external objects, not moved by worries.

Modesty embodies righteousness and truth.

Honesty deflects material desires.

With tranquil mind, one achieves buddhahood.

With calmness, one achieves sainthood.

Therefore, one must not be self-inflicted with worries and doubts.

One thought manifests into hundreds of desires.

Once our will is shaken, impediments in our cultivation journey will appear.

SUMMARY OF KEY TAKEAWAYS



Tao Cultivation

Bring balance, health, and wellness for us spiritually, mentally, and physically.

Use Three Sacred Treasures to help us be more mindful.

Train Our Minds to Live in Present. Treasure every moment as a Present from God.

Let's Have Fun Cultivating Together.



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