

# Weekly Tao Spiritual Discussion Holy Teachings

Pu-Guang Temple, Plano TX  
De-Guang Temple, Irvine CA  
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*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**



所謂齊其家在修其身者：人之其所親愛而辟焉，之其所賤惡而辟焉，之其所畏敬而辟焉，之其所哀矜而辟焉，之其所敖惰而辟焉。故好而知其惡，惡而知其美者，天下鮮矣！故諺有之曰：「人莫知其子之惡，莫知其苗之碩。」此謂身不修不可以齊其家。

What is meant by "The harmony of one's family depends on the cultivation of that person" is this: humans are

- partial to what they feel affection and love;
- partial to what they despise and dislike;
- partial to what they stand in awe and reverence;
- partial to what they feel sorrow and reserved;
- partial to what they are arrogant and lazy.



Thus it is that there are few in the world

- who love and at the same time know the bad qualities of the object of their love,
- who hate and yet know the excellences of the object of their hatred.

Hence it is said, "A person does not know the wickedness of own child; a person does not know the richness of own growing crop." This is what is meant by saying that if the person remains not cultivated, a person cannot achieve harmony in his family.



# 齊其家： Achieve Harmony in One's Family



Husband and Wife  
**Harmony, Respect & Faithfulness**



Parents and Children  
**Love, Nurturing & Filial Piety**



Siblings  
**Precedence & Fraternal Love**

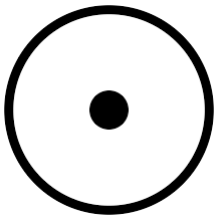


Rulers and Subjects  
**Benevolence and Loyalty**



Friends to Friends  
**Trustworthiness and Fidelity**

有子曰：「其為人也孝弟，而好犯上者，鮮矣；不好犯上，而好作亂者，未之有也。君子務本，本立而道生。孝弟也者，其為仁之本與！」 Yu: They are few who, being filial and fraternal, are fond of offending their superiors. There have been none who, not liking to offend their superiors, have been fond of stirring up confusion or chaos. The noble person focuses his attention on what is important / foundational, solidifying his foundation in his journey of Tao spiritual cultivation. That being established, all virtues will naturally grow and develop. Filial piety and fraternal love are the root of all humanity.



# 齊其家: Achieve Harmony in One's Family



Husband and Wife  
Harmony, Respect  
and Faithfulness

Parents and Children  
Affection, Love, and  
Filial Piety

Siblings  
Precedence, Support  
& Love

Why do we come together to have the same surname and form a family?

*Past Karma and Affinity.*

人道先做好天道才會達成。 Success in Tao cultivation is achieved with our efforts to harmonize our inter-personal relationships, starting with own family.

**Holy Promise: One Lifetime of Cultivation = Spiritual Nirvana**

修其身  
Cultivating Ourselves



齊其家  
Harmonize Own Family



家和万事兴 Prosperity and  
Success in Family Affairs

Self



治其國 Govern States  
平天下 Virtues and Peace in  
World.

All



## Deeper Dive



偏心 Eccentricity  
偏见 Bias

親愛: Affection and Love  
賤惡: Despise and Dislike  
畏敬: In Awe and Reverence  
哀矜: Sorrow and Compassion  
敖惰: Arrogant and Rude

故好而知其惡，惡而知其美者，天下鮮矣！  
Thus it is that there are few in the world who love and at the same time know the bad qualities of the object of their love, or who hate and yet know the excellences of the object of their hatred.

故諺有之曰：「人莫知其子之惡，莫知其苗之碩。」 Hence it is said, "A person does not know the wickedness of own child; a person does not know the richness of own growing crop."

- There are no perfect human beings. Learn to remember the good and forgive others.
- In family, work as one team to respect & complement each other with unique strengths and skills.
- Speak more of good qualities in public. Offer constructive feedback in private settings.
- "Just Like Me" as every family has own struggles.
- Be honest with feedback on our own children.
- Teach and nurture them through own examples.
- Instill discipline, morals, and ethics (foundation for life).
- In life, we aim to improve ourselves spiritually and professionally. 80/20 rule.

# Changes in love and hatred

## 寓言故事之彌子瑕失寵



## Moral of the Story

People live with a bias of love and hatred, even for a monarch

《Book of Great Learning》

愛之欲其生 惡子欲其死

“When we love someone, we take care of him/her in every way and hope that he/she will live a long time. When we don't love someone, we hope he/she will die.”

This refers to the biased emotional feelings we have towards others.



# Thoughts for Today

## 《Holy Teacher》

When we like or dislike someone, we must carefully ponder, people and objects are neither good or bad. Our bias of like or dislike is what set them apart.

When dislike someone, if we know his good sides, then we can stop the hatred.

When liking someone, if we know his bad sides, then we would not be fond of them too quickly or deeply.



**RELATIONSHIPS:**

**4 QUESTIONS FOR**

**SUCCESS**

**-GAUR GOPAL DAS**



# Five Types of Feelings towards One Another

- 親愛: Affection and Love
- 賤惡: Despise and Dislike
- 畏敬: In Awe and Reverence
- 哀矜: Sorrow and Reserved
- 敖惰: Arrogant and Lazy



偏心 Eccentricity  
偏見 Bias

*What are the effects / outcomes with eccentricity / bias with these emotions on family?*





# Five Types of Feelings towards One Another

- 親愛: Affection and Love
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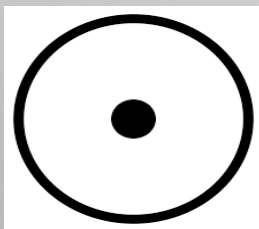


偏心 **Eccentricity**  
偏見 **Bias**

*Where does my eccentricity or bias come from, if our True Self is forever pure, compassionate, wise, and bright?*

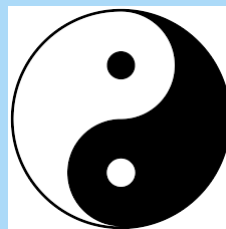
本性  
**Self True**

Heavenly Realm



秉性  
**Character**

Spiritual Realm



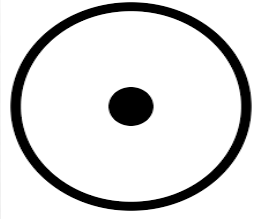
习性  
**Habits**

Physical Realm



**本性**  
**Self True**

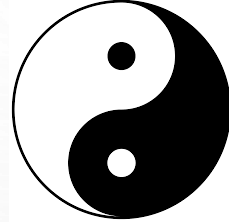
**Heavenly Realm**



**Instant Enlightenment**  
**Tao Initiation Ceremony**  
**Three Sacred Treasures**

**秉性**  
**Character**

**Spiritual Realm**



**Continued and Sustained Cultivation**  
**True Self as True Master**  
**Cultivate to Kaizen Character and Bad Habits**

**习性**  
**Habits**

**Physical Realm**



**Holy Saying:** 对初心顿悟者言, 他的初心因为求道而一念顿悟, 但无始以来, 旷劫之中积聚的一些习气却未能顿净, 必须靠现世的修道, 去一步一步的进化去除. For the ones who have received Tao, we would have experienced the moment of instant epiphany during the Tao receiving ceremony. However, the character imperfections and habits, accumulated from past karma, remain. Hence, we continue to cultivate to improve own character and rid of bad habits for spiritual awakening.

# Five Types of Feelings towards One Another

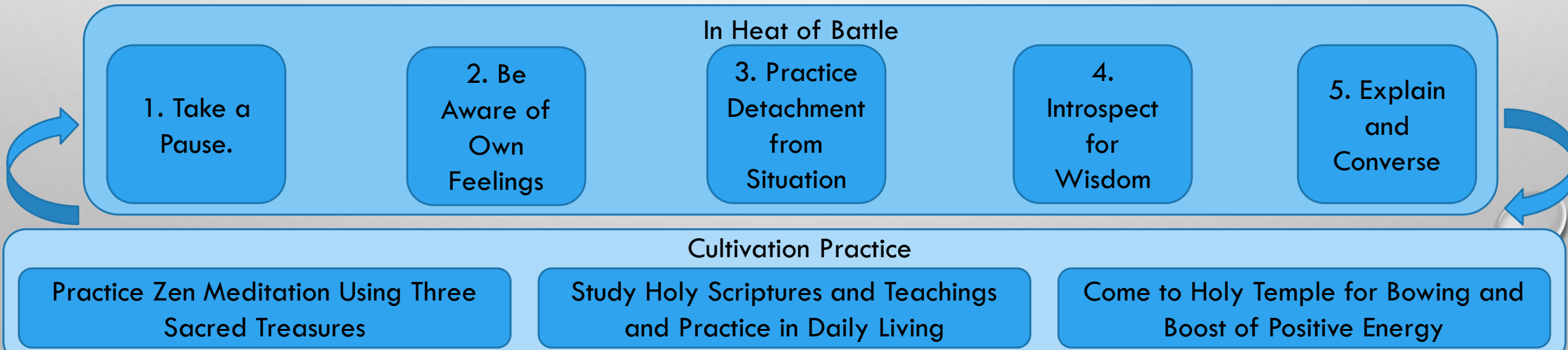
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偏心 Eccentricity  
偏見 Bias

Five Emotions: Degree and extent of our eccentricity or bias, or even feelings, in each of these dimensions vary from individual to individual.

*Through Tao cultivation, we become aware of our implicit eccentricity or bias and learn the techniques to retrain, reset, and re-develop our mind, perspectives, and approach in life.*





# A General's Antique Collection



## **Moral of the Story**

Sadness, sorrow, or happiness comes due to our fears of gain or loss. We are often blinded and controlled by our fears of gain or loss, unable to let go; hence we feel despaired, agonized, and anxious.

This General realized the Tao of Detachment and liberate himself from his own attachment to the antique.

True happiness does not come from how much we have; rather, happiness comes from how we purify our spirit.

# Thoughts for Today

## 《Holy Teacher》

Facing the world with high virtues and unrestrained with practice of Tao, our extraordinary characters from within will help us achieve more than others.

Ordinary people are ordinary because of the stubbornness in the mundane world, unable to detach, and view of the world through a narrow and bias mind.

Therefore, how can one face the mundane world without attachment? How can one be an ordinary human yet with extraordinary characters?



# THE HARD PART OF A RELATIONSHIP

*-GAUR GOPAL DAS*





## SUMMARY OF KEY TAKEAWAYS



In life, we must carefully ponder people and objects are neither good or bad. It is our bias or eccentricity that sets them apart.

In family, work as one to respect & complement each other. Speak good in public & offer feedback in private. Love & support each other. Treasure shared affinity & grow together.

Each one of us must cultivate to improve own character and rid of bad habits, achieve harmony in our family. It takes effort from everyone of us in family to grow and strengthen.

**Introduce Precious Tao to Family and Friends.  
Let's All Cultivate Together to Build a Better Future.**



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