

Weekly Tao Spiritual Discussion Holy Teachings

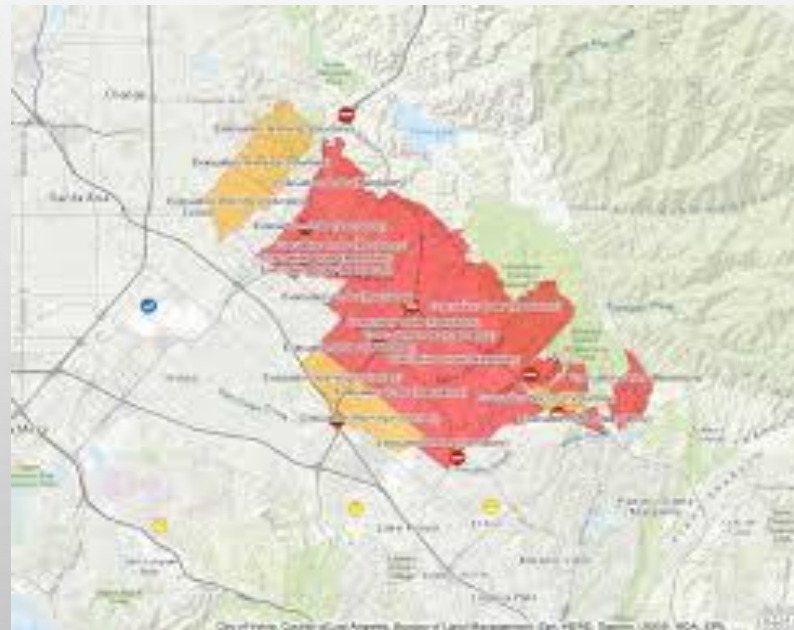
De-Guang Temple, Irvine CA
Pu-Guang Temple, Plano TX
October 31st 2020

onegreatdao.org

秋季大典
Lunar Calendar:
September 15th



Oct/2020: Earquake @Greece/Turkey



Oct/2020: Silverado Fire



道

Three Levels of Filial Piety / Filial Devotion:

孝

1. Base level: Provide clothing, food, and shelter to one's parents. (physical)
2. Intermediate level: Understand parents' wish and do our best to cherish and respect their wishes, so they could live comfortably with a peace of mind. (mental)
3. Best: Care of one's health and cultivate, practice, and propagate Tao sincerely to bring blessings and honor to one's parents. (spiritual)

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



《康誥》曰：「如保赤子」，心誠求之，雖不中不遠矣。未有學養子而後嫁者也！

In the Announcement to Kang, it is said, "Act as if you were protecting or caring for an infant." If parents are really sincere in their intentions, though they may not do everything perfectly, they will not be far from the center. There never has been a girl who learned to bring up a child first before she gets married.



Recap from Last Week

所謂治國必先齊其家者，其家不可教而能教人者，無之。 What is meant by "In order rightly to govern the state, it is necessary first to regulate the family," is this. It is not possible for one to teach others, while he cannot teach his own family.



Tao Cultivation (修道): 修身 修心 恢復本性之自然 啟發良知良能之至善
Cultivating our body, thoughts, and heart to get rid of bad habits, temperaments to restore the purity and innate virtues and invoke the wisdom and compassion embedded in our True Self.

道化家庭。 Achieve Harmony in Family by Cultivating Tao and Integrating Dharma Teaching into Our Life.

Recap from Last Week

故君子不出家而成教於國。 Therefore, a virtuous and noble person could govern a state well without going beyond his/her family.



Parents and Children
Love, Nurturing and
Filial Devotion

孝者所以事君也 Acting with **filial devotion** to own parents leads to virtue and devotion to serve the state



Siblings
Precedence and
Fraternal Love

弟者所以事長也 Acting with **fraternal love** to own siblings leads to precedence and respect to serve elders and superiors



Rulers and Subjects
Kindness and
Loyalty

慈者所以使眾也 Acting with **kindness** towards own family members leads to servant leadership to treat others



扎两条辫子，穿一些五颜六色、

《康誥》曰：「如保赤子」，心誠求之，雖不中不遠矣。未有學養子而後嫁者也！ In the Announcement to Kang, it is said, "Act as if you were protecting or caring for an infant." If parents are really sincere in their intentions, though they may not do everything perfectly, they will not be far from the center. There never has been a girl who learned to bring up a child first for her to get married afterwards.



孝 Filial devotion to own parents

弟 Fraternal love to own siblings

慈 Kindness towards own family members

孝

Filial devotion to parents

What are some examples of filial devotion?

1. 老萊子娛親，他已經老年人了，但是他裝扮成小丑來娛樂他母親
2. Sharing all the good and bad things with Parents. Taking care of them when the parents couldn't take care of themselves. Talk to them a lot and understand their mindset and provide your support.
3. Shravan Putra (a child who carried his blind parents around on his shoulders)!
4. respecting yourself
5. Frequent calls to parents, asking how they are doing

弟

Fraternal love to siblings

What are some examples of fraternal love?

1. 孔融讓梨
2. Help them when they need you not only monetarily but also provide them mental support.
3. Taking care in old age
4. spending time together
5. Allow brother to decide which restaurant to go for dinner celebration.



慈

Kindness to family

What are some examples of kindness towards family or others?

1. 和諧家庭，互相幫助與體諒
2. Help everyone as much as you can and share the happiness around the world. Don't show hate to anyone in this world because hate spreads faster to spoil everyone. Happiness makes the world wonderful for our next generations.
3. Sleepless nights when family member is sick
4. doing chores together, listening to each other,
5. bring a cup of water to family member to cheer them on for a hard day of work

- Over confidence
- Fear of failure
- Poor time mgmt.

Procrastinate

Ego / Pride

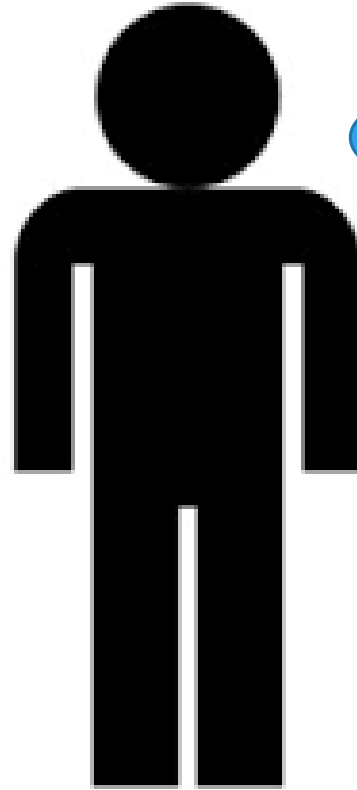
- Selfish / greed
- Unforgiven
- Low gratitude

Un-sustained

- Incomplete learning in holy teaching with little practice
- Wrong priorities
- Bad habits / social circle / temptations

Oscillation in Our Hearts

- Attachments in heart
- Distracted; stop/go, do incomplete job
- Unclear understanding of holy teaching



Stressed? Desserts

*Certain level of stress is good and helpful.
How do I adjust, pause, or manage stress better?*

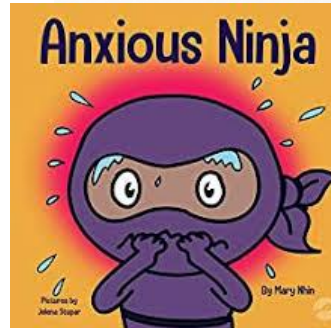
Over
Confidence

Selfish /
Greed

Unforgiven

Low
Gratitude

Fear of
Failure



Attachments

Poor Time
Management

Distracted

Bad Habits /
Temptations

Incomplete
Learning

Wrong
Priorities

Unclear
Understanding

Tao Te Ching Chapter 33:



Those who understand other are intelligent.

Those who understand themselves are enlightened.

Those who overcome others have strength.

Those who overcome themselves are mighty.

Those who know contentment are wealthy.

Those who proceed vigorously have willpower.

Those who do not lose their base ensure.

Those who die but do not perish have longevity.

Confucius Analects:



子絕四，毋意，毋必，毋固，毋我。

孔子杜絕四種弊病：不主觀臆斷，不絕對肯定，不固執己見，不唯我尊。

There are four things from which Confucius was entirely free. He had **no foregone conclusions, no arbitrary pre-determination, no stubbornness, and no egoism.**

Easy to Overcome Ourselves?

English Proverb:

"When the going gets tough, the tough get going."

Strong people don't give up when they come across challenges. They just work harder.



Tao Cultivation: Find True Self as our Center & Mature Techniques to Reframe Our Perspectives.

Through Tao cultivation and practice of Zen meditation, we are more aware of own feelings, thoughts, and emotions, learn to detach and reframe the conversation, and train our mind to not react but respond appropriately.

Suggested Technique to Navigate through Life

1. Being Aware

2. **Pause**

3. Detach, **Observe** and Reframe

4. **Proceed** to Respond

5. Better Emotional Quotient (EQ)

6. More Sympathy & Balance

Cultivation Practice

Practice Zen Meditation Using Three Sacred Treasures

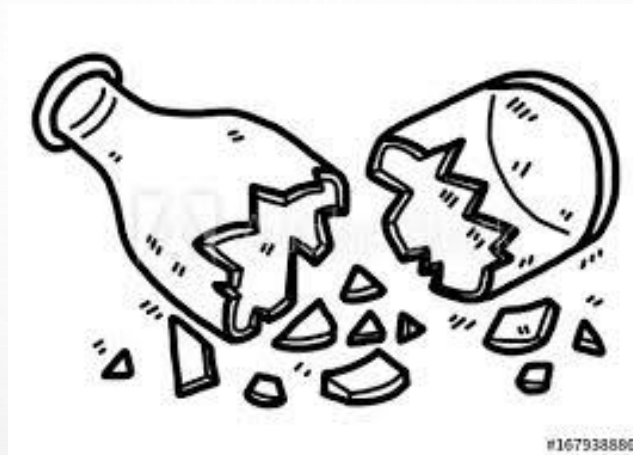
Study Holy Scriptures and Teachings and Integrate Practice into Daily Living

Come to Holy Temple for Bowing and Boost of Positive Energy

CENTERED ON ONENESS: WE ARE ALL CONNECTED

We have the blessings from Heavenly Mother and courage to break the patterns in our life that are no longer serving us towards a great goal or purpose.

Teaching a Lesson



Moral of the Story

Watching your beloved getting hurt can be heartbreaking.

To teach a child, it is unwise to display opposition in front of the child with one disciplinary and one pampering. The child would not learn a good lesson under such contradiction.

Parents ought to stay unified in front of children and discuss offline to resolve differences to reach alignment.

Thoughts for Today

《Holy Teacher》

《Mencius》 父子之間不責善 Mencius said about family: “When father and son come to be critical with each other, the relationship becomes strained. Such expression of blame leads to alienation and bitterness.”

As a parent, when children misbehave, over blaming and over punishment without kindness would lead to resentment and alienation.

If parent was at fault, speaking too bluntly and not tactfully would lead to inharmonious family.

What's
stopping you
from being
the best?

Gaur Gopal Das





SUMMARY OF KEY TAKEAWAYS



Highest level in Filial Devotion is to care of one's health and cultivate, practice, and propagate Tao sincerely to bring blessings and honor to one's parents.

Those who understand themselves are enlightened. Those who overcome themselves are mighty.

We have the blessings from Heavenly Mother and courage to break the patterns in our life that are no longer serving us towards a great goal or purpose.

Identify One Bad Habit that's Holding You Back and Take Some Actions to Measure Progress, Using Three Sacred Treasures and Holy Teachings.

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.*