

# Weekly Tao Spiritual Discussion Holy Teaching

De-Guang Temple, Irvine CA  
Pu-Guang Temple, Plano TX  
November 21<sup>st</sup> 2020

*[onegreatdao.org](http://onegreatdao.org)*

# THANKFUL FOR ACT OF KINDNESS



# Moral of the Story

Dolphin cried because he knew his end-of-life was near

Spirituality is within all animals as proved by Dolphin showing gratitude to the fishermen

“Cannot bear the sight of suffering” 不忍, is the rudimentary of benevolence - our innate nature

Benevolence towards all living beings, not just human

# Thoughts for Today

《Holy Teacher》

Conscience and innate-virtues are two sides of the same coin

We use our conscience to guide us on what to do, what not to do.

If our thoughts, words and actions are not guided by our conscience, then even with the best law and order, we are not inspired to do goods; then even with the most cruel punishments, we would not caution ourselves about the evil thoughts.

Virtuous behaviors are not coincidental. They are from our true innate benevolence and consciously not to do evil.





## Definition of Gratitude:

Quality of being thankful.

Readiness to show appreciation for and to return kindness.

# Holy Guidance on Gratitude

人生在世不能離群而獨居，為了生存，生活便與周遭人、事、物產生了密不可分的關係。孟子云：「一人之所需，百工斯為備。」無論是有形之日用品，或無形的思想上，實乃受天地間各種生物之恩惠，所以我們做人當時時感恩，知恩與報恩。

For us to live, there is this invisible, however, intricate and complex “chain” that links everything together to provide us with what we need. Hence, Mencius: The needs of one person requires the coordination and contribution from hundreds in various fields of professions. Hence, having a heart full of gratitude for all the blessings which we have received from others and with a grateful heart, be kind, helpful, and compassionate in the service of others.

Hence, we ought to express our gratitude towards:

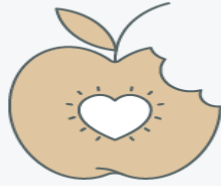
1. Heaven: For all of the blessing which we receive and experience daily.
2. Earth: For all of the blessings which we receive and experience daily.
3. Noble leaders for setting out humane, compassionate, and just policies to protect the homeland for all the citizens to live peacefully and productively.
4. Our beloved parents for tirelessly teaching, nurturing, caring, and raising us.
5. For blessings from Maitreya Buddha, Ji-Gong Buddha, Yu-Hui Bodhisattva, all the Tao elders and masters for their ageless teaching and guidance



What does give others gratitude do for us?



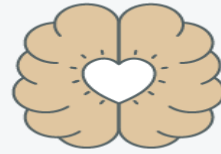
# The Benefits of Gratitude



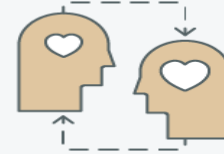
**IMPROVES PHYSICAL  
HEALTH**



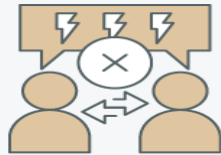
**IMPROVES  
SLEEP**



**IMPROVES  
PSYCHOLOGICAL HEALTH**



**INCREASES  
EMPATHY**



**REDUCES  
AGGRESSION**



**MORE SOCIAL  
CONNECTION**



**ENHANCES  
SELF-ESTEEM**



**IMPROVES MENTAL  
STRENGTH**

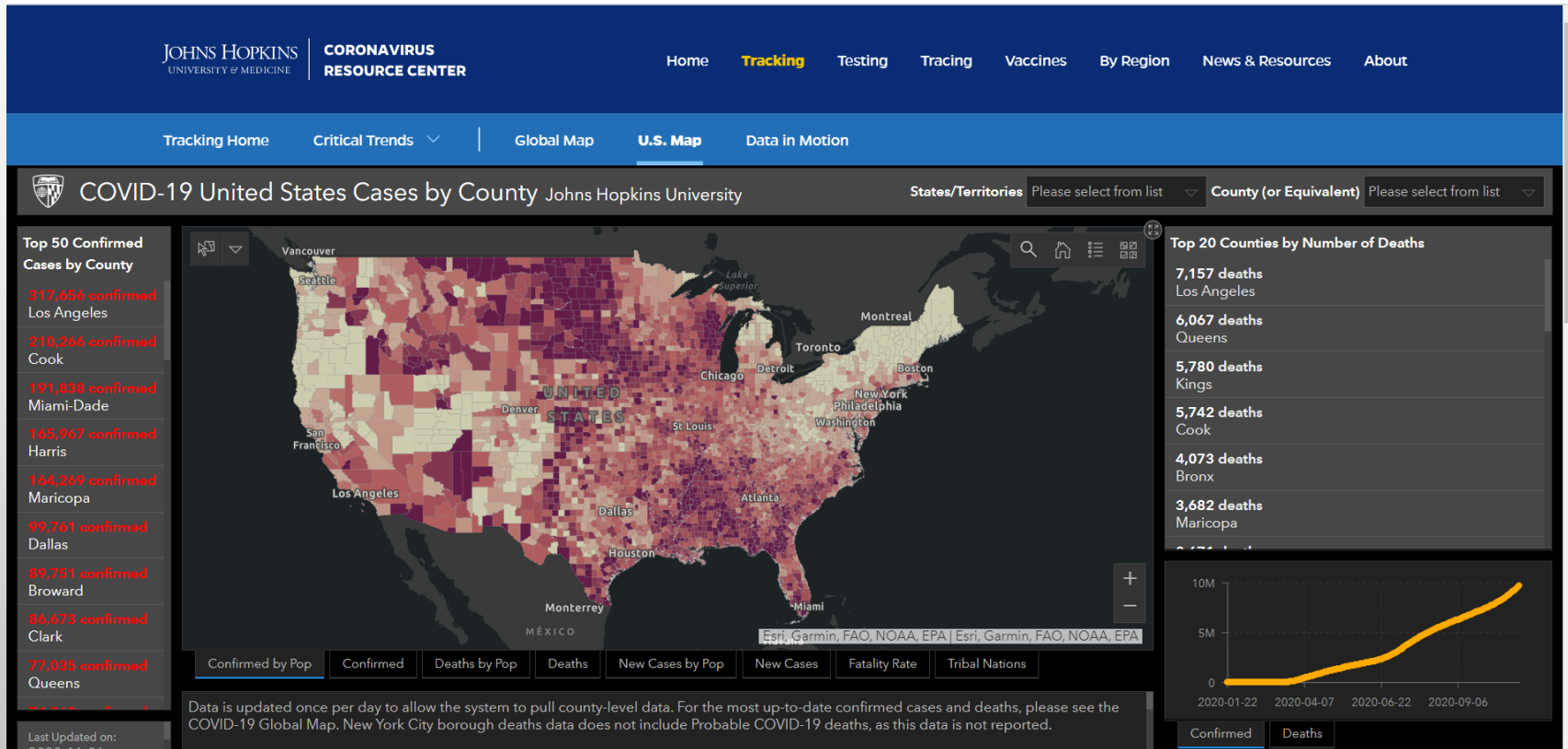
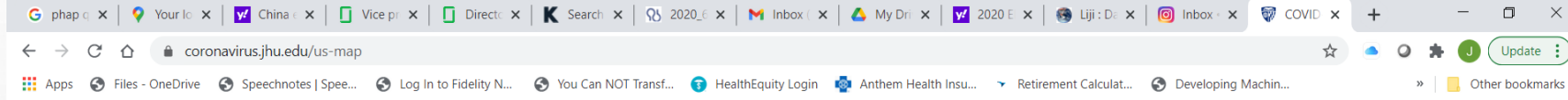
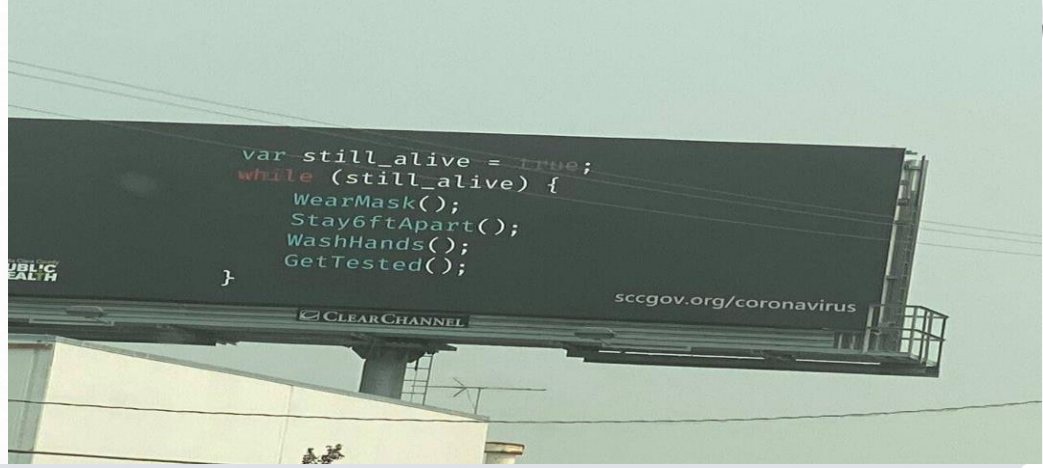
*Source: Morin (2014)*





<https://youtu.be/evrqHqiApbY>





# Our Sense of Gratitude Even During Challenging Times

Important to remember gratitude especially during challenging times

Sometimes, we get caught up and lose sight of what is good in our lives.

*With gratitude, we become **more resilient, more tolerant, less resentful, and more capable to pivot and see new opportunities and perspectives.***



**With A Grateful Heart**

**Appreciative**

**Kind and Compassionate**

**Gentle and Honest**

**Resilient and Tolerant**

**Growth Mindset**

**With an Ungrateful Heart**

**Take things for granted**

**Cruel and Selfish**

**Stubborn and Insincere**

**Fragile and Narrow-Minded**

**Fixed Mindset**

***Tao of Gratitude:***

***Filial Devotion | Contentment | Peace and Purity in Our Heart***

receive



施比受有福 | *More blessings in giving instead of receiving*



**As A Tao Cultivator:**

Cultivate and Maintain Our Heart Full of Gratitude

Treasure and Extend Our Blessings to Help Others

*Live Our Life Full of:*

*Peace, Purity, Contentment, Happiness, Charity, and Productivity*



# Suggested Gratitude Practice

1. Do daily journal of gratitude log
2. Use prompts as idea starters
  - Morning: I am grateful for; This is how I will make today great; Positive affirmation
  - Evening: My good deeds today; how I will improve; great things I experienced today
3. Tell your friends/family what you are grateful for.

*Also give you a quiz from the Greater Good Science Center at UC Berkley:  
[https://greatergood.berkeley.edu/quizzes/take\\_quiz/gratitude](https://greatergood.berkeley.edu/quizzes/take_quiz/gratitude)*





**Happy Thanksgiving!!!  
Best Wishes for Health, Peace, Prosperity, and Happiness!!**



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