

Weekly Tao Spiritual Discussion Holy Teaching

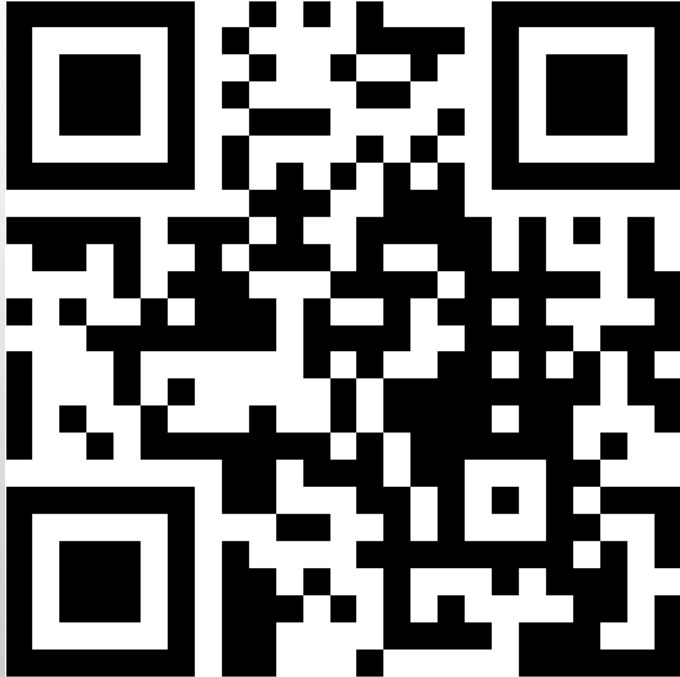
De-Guang Temple, Irvine CA
Pu-Guang Temple, Plano TX
December 5th 2020

onegreatdao.org



Hope You All Had a Joyous and Healthy Thanksgiving Holiday!!!

Reflecting from Thanksgiving from last weekend,
please share what you are grateful for in 2020.



<https://www.menti.com/u4w8nwqb3r>

Ancient saying:

When family is harmonious, everything prospers.

Why is our family important?

Our Home
Base and
Safe
Harbor.

Place for Us
to Rest,
Heal, and
Grow.

Place of Us
to Learn
and Instill
Morals and
Ethics.

Place for Us
to Have Fun,
Thank, and
Care for
Each Other.

Thriving in
Community
and
Workplace.

What are some of the common family issues?

How should we approach them as Tao cultivators?

Are there arguments in family?

If so, remember that everyone has his or her own perspective.

Is a family member being particularly difficult?

If so, remember that he / she is a valuable resource and there are always ways to learn from them.

Is somebody in the family accumulating wealth and not taking the time to enjoy them?

If so, remind them to perhaps take a pause and think about what is more important in life.

How do you see the people in your family?

Are you able to see them as living Buddhas?

Is there too much clutter at home, disrupting the harmony of the family?

If so, what are your attachments that lead to this clutter?



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.

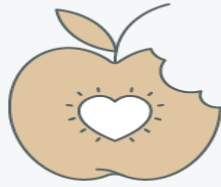
Hence, we ought to express our gratitude towards:

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?

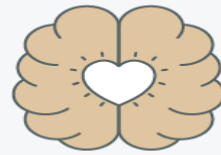
The Benefits of Gratitude



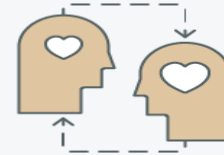
**IMPROVES PHYSICAL
HEALTH**



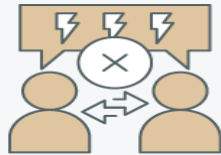
**IMPROVES
SLEEP**



**IMPROVES
PSYCHOLOGICAL HEALTH**



**INCREASES
EMPATHY**



**REDUCES
AGGRESSION**



**MORE SOCIAL
CONNECTION**

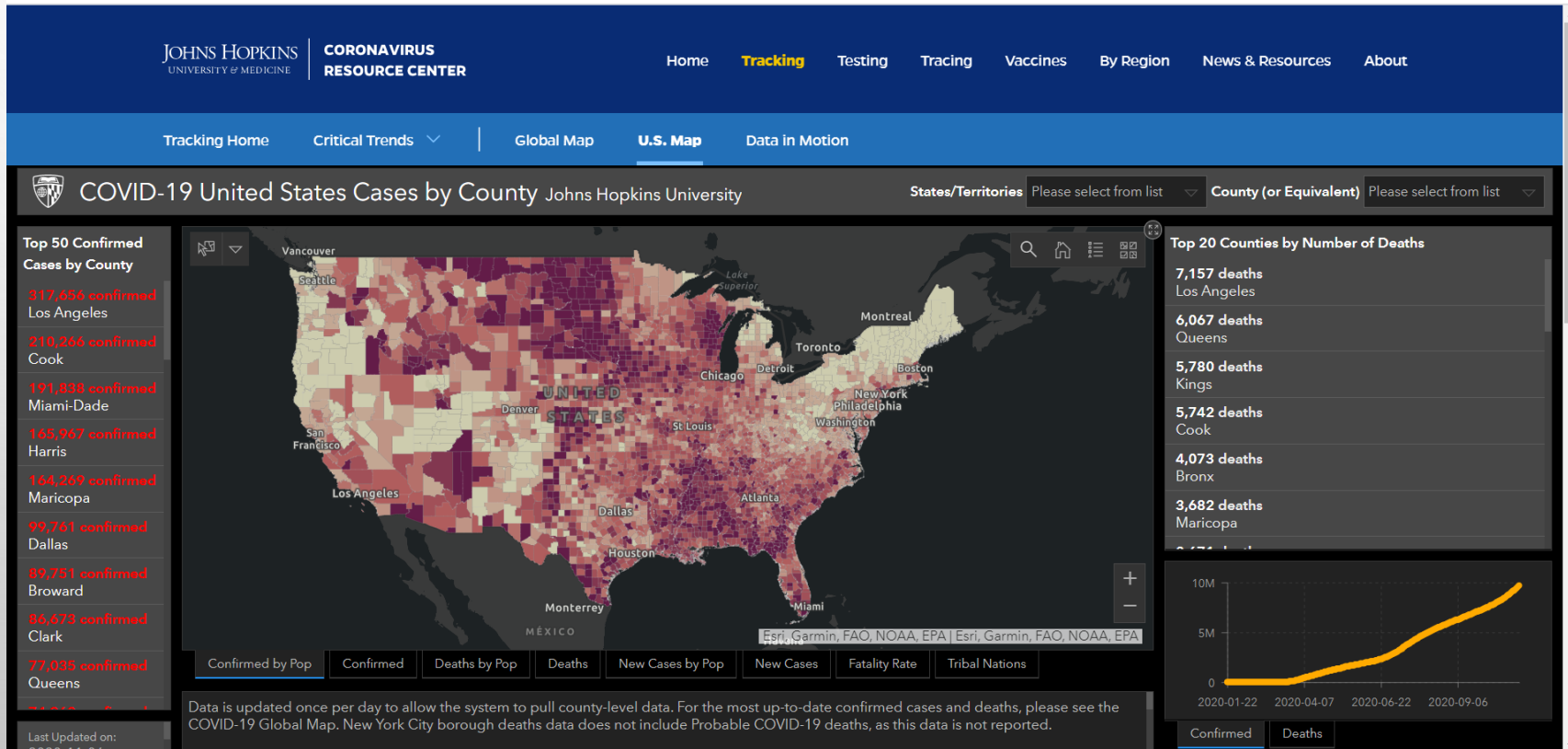
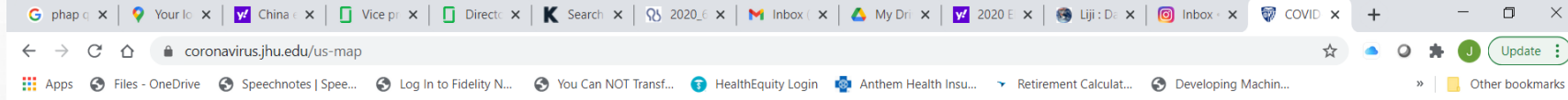
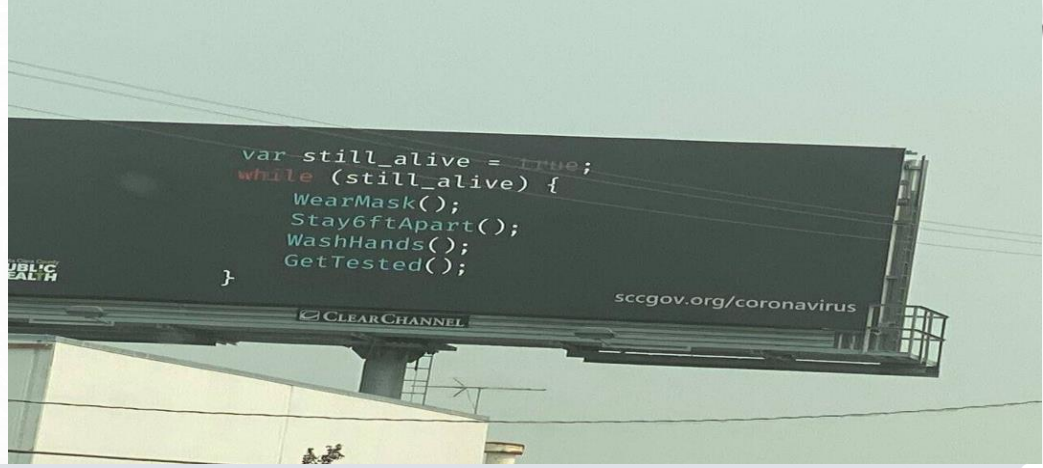


**ENHANCES
SELF-ESTEEM**



**IMPROVES MENTAL
STRENGTH**

Source: Morin (2014)



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



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*



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