

The Three Treasures

Congratulations

Today is a special day, for you have received the Tao. You have also been given the Three Treasures. They will be extremely useful to you in your life as well as your path of cultivation, but to fully utilize them, you must first make sure you understand the Tao.

What Is the Tao?

When you go through the initiation ritual, you are said to have received the Tao. But what does that mean? What is this Tao that you have received?

The word "Tao" is Chinese for the path, or the way. It can take on many different meanings depending on context. In one particular perspective, the Tao is already a part of you, just as it is in everything, so it isn't something you can receive.

In another perspective, the Tao is a path of spiritual cultivation. It is a never-ending process as well as your life journey. Thus, the Tao that you have received from the Initiation Ritual is a direction. It is pointing out the right path for you.

Words cannot fully express the Tao, but we can speak of the Tao as the origin of everything that exists, or the creator of the universe. Many people call this creator God. In I-Kuan Tao, we call it Lao Mu.

We can also describe the Tao as the force that transcends all forces, or the principle that governs all natural laws. It moves everything forward, including time, life, all the stars and planets. From the spiritual side, we can describe the Tao as the source of the soul. Or, we can call it the ultimate spiritual truth that gives rise to all the religions of mankind.

三寶

恭喜

今天是個特別的日子，因為你已經得道，也得到了三寶。三寶會對你的人生和修道很有幫助。我們要真正的應用三寶，首先要了解「道」的意義。

什麼是道？

當你完成求道儀式，你已經得道了。但是，這是什麼意思？你所得的是什麼道？

「道」這個字是中國人所說的路或徑。它包含許多不同的含義。從一個觀點來看，你本來就有道，因為道無所不在，所以它不是你得到的東西。

從另一個觀點來看，道是心靈的修行之路，是一個永恆的人生旅程。所以，你得到的道是一個方向。它為你指出一條正確的路。

我們無法用語言完全表達「道」，但是我們可以說「道」是一切萬物的原點，或是宇宙的創造者。人們稱它為上帝。在一貫道，我們稱它為老母。

我們也可以說道是超越一切的力量，或者是主宰一切的自然法則。它推進萬事萬物，包括時光，生命，和日月的運行。在心靈方面，我們可以稱它為靈魂的來源，或是產生所有人類宗教的真理。

The meaning behind the name “I-Kuan Tao” is that the Tao includes all of the above. In other words, the Tao is that which unifies all into one. This is an authentic tradition that focuses on the original, formless, Great Tao.

What Are the Three Treasures?

The Three Treasures are spiritual practices that will enrich yourself and protect you. The more you use them, the more powerful they become. First, we begin by understanding what they mean, and how they can be used.

1. The Mystic Portal (The Right Door)

The first Treasure is the Mystic Portal. It is the spiritual nexus of your being. If the eyes are the windows to the soul, then the portal is the proper doorway.

Most people do not know much about the Mystic Portal before they go through Tao initiation, but they can still feel it. When you close your eyes and clasp your hands together to pray, you naturally focus the mind at the Mystic Portal.

When you frown because something troubles you, or glare at someone out of anger, your Mystic Portal shuts down, because anxiety or rage puts tremendous pressure on this spiritual doorway. This cuts off your soul from being able to connect with others. This is why you feel distant from others when you are angry or anxious. When you see someone in an extremely negative state of mind, you may sense how difficult it is to *get through* to him or her. These situations are easy to understand from the Mystic Portal perspective. It is the door to the soul. When it is closed, the soul cannot be in touch with anyone.

Once this doorway has been pointed and opened by an ordained Master in the initiation ritual, you can use it in everyday life. In times of danger, it will help you avoid disaster, and keep yourself safe.

「一貫道」這三個字的含義是指「道」包括以上所有的觀點，也就是說「道」貫穿萬物為一。這個真正「道」的傳統著重於無形的原一大道。

什麼是三寶？

三寶是靈性的修持，它將使你的生命更充實，同時也能保護你。當你常常運用三寶，它所產生的力量就更大。首先，我們要了解三寶的意義，以及如何使用三寶。

1. 玄關（正門）

第一寶是玄關。這是你靈性的中心。如果眼睛是靈魂的窗戶，那麼玄關就是靈性的正門。

在沒有求道之前，一般人不知道玄關是什麼，但是仍然能夠感覺到它。當你閉上眼睛，雙手合十祈禱，你的心念會自然而然聚集在玄關。

當你煩惱皺眉或是對別人憤怒時，你的玄關就會關閉，因為焦慮或憤怒帶給玄關很大的壓力。你的心靈就無法和他人交流。這就是為什麼在你生氣或焦慮的時候，你會覺得和別人有距離。當你看到一個人心情很不好時，你會覺得很難和他溝通。這些情況從玄關的角度來看很容易了解。玄關是靈性的正門，當它關閉的時候，靈性就無法和他人接觸。

一旦這個正門在求道儀式中經由點傳師打開，你就可以在日常生活中運用它。在危險的時刻，它可以成為你躲劫避難的助力。

Because of the frantic pace of modern life, we can often find ourselves in chaotic situations. Our thoughts are scattered everywhere, and we're pulled in many directions, unsure of which way to go. In such a situation, gather your mind at the Mystic Portal. Your scattered thoughts will return to the center. From the chaos, you find a path of clarity. The Mystic Portal is the way to regain focus any time you feel overwhelmed.

When a dangerous situation suddenly appears, it is easy to succumb to fear and panic. This will only confuse and overwhelm us even more, so we need to use the Mystic Portal immediately, in order to perceive the situation with calmness. This clarity will give us the best chance to extricate ourselves from danger.

If we can constantly keep the mind in the Mystic Portal, then the true self will be constantly tranquil, and the thoughts will be constantly clear. If the true self is light, then the Mystical Portal is a way to concentrate that light, increase its brilliance and multiply its effectiveness. This is the first Treasure, Mystic Portal.

2. The Mantra (The Wordless True Sutra)

The second Treasure is the Wordless True Sutra. It consists of sounds without words. It resonates with us deep in the heart. It is beyond the ordinary sounds and writings of the material world, for it is a mantra of power.

This Treasure should not be said aloud or written down. Since ancient times, sages have observed the reading of sutras and realized the process contains multiple stages. First, the eyes look at the words on a page. Then, the words come out of the mouth as sounds. Next, the sounds go into the ears as the reader hears his or her own voice. Only after all this does the sutra finally reach the heart and turns into understanding.

由於現代生活的步調快速，我們時常發現自己情況混亂。我們的思緒散亂，如同多頭馬車，毫無頭緒。在這種情況下，讓你的心念守在玄關，可以使你散亂的思緒，回歸到自性，在混亂中找到一條明路。玄關就是在你茫然的時候，讓你回到中心點的方法。

當危險情況突然出現，我們很容易被恐懼和驚慌壓垮。這只會使我們更加不知所措，所以我們要立刻守住玄關，才能以冷靜的心態觀察情況，用清楚的頭腦讓我們脫離險境。

如果我們的心念能時時守玄，自性常處於平靜安詳的狀態，我們的心就會一直保持清明。若自性是光，那麼玄關就是聚集它的光芒，提高它的亮度，增加它的力量。這就是第一寶，玄關。

2. 口訣（無字真經）

第二寶是無字真經。它有聲音但是沒有文字。它能和我們的內心產生共鳴。它超越了物質世界的聲波和文字，因為它是一個有力的真言。

無字真經不能說出來或寫下來。自古以來，聖人觀察讀誦經典的過程，發現有許多階段。首先，眼睛開始看文字，接著由嘴巴唸出聲音來，再從耳朵聽進去，最後進入大腦，才轉成意識。

Every transition in this process dilutes the power of the sutra. If the sutra has no words, then the mouth has nothing to read. If there are no sounds, the ears have nothing to hear. This sutra begins in the mind, and ends in the mind. This is the most direct way. It takes us to the level of the Wordless True Sutra.

This concept goes back thousands of years. The *Tao Te Ching* tells us that "The Tao that can be spoken is not the eternal Tao." Similarly, when the Sakyamuni Buddha wanted to pass on his true teachings, he specifically told his disciples that his transmission of spiritual essence would be totally apart from written scripture. Instead, it would pass directly from heart to heart. Thus, the sutra without words is the sutra of the highest level.

Sound waves are the intermediary between the physical world and the formless Tao. The Wordless True Sutra, as the soundless sound, serves as a bridge between human beings and Buddhas.

We can use the Wordless True Sutra when we encounter difficulties in life. Perhaps you see obstacles that seem too much to overcome; perhaps there is a temptation that seems too strong to resist. Whenever you feel you need extra strength to get you over the hump, recite the mantra silently to yourself. A wellspring of strength will emerge within, as if the Buddhas have come to your aid.

Using the Wordless True Sutra will let you to tap into more of your potential than you ever thought possible. If obstacles in life are like the morning fog, then the Wordless True Sutra is like the sun. When the sun comes out, the fog dissipates into nothingness, and you can see everything clearly. This is the second Treasure, the Wordless True Sutra.

上面的每一個過程都會使經典的力量層層減弱。若是經典沒有文字，就不能用聲音唸出來。不必唸出來，就不需要用耳朵聽。起源於心，回歸於心。這是最直接的方法，也就是讓我們達到無字真經的境界。

這個概念追溯至幾千年前。《道德經》告訴我們：「道可道，非常道」。同樣的，當釋迦牟尼佛傳法時，明確地告訴他的弟子，他的法門傳承是和文字無關的，而是以心印心。沒有文字的經，才是最高層次的經。

音波介於有形的物質世界和無形的道之間。無字真經，是無聲的音波，作為眾生與仙佛溝通的橋樑。

當我們在生活中遇到困難，我們可以用無字真經。也許你遇到很大的障礙，難以克服；也許你受到強烈的誘惑，難以抗拒。在你需要力量幫助你渡過難關時，默唸口訣，內心自然會產生一股能量，就像仙佛來到你身邊一樣。

持唸無字真經能讓你發揮你想像不到的潛能。如果人生的障礙就像早晨的霧，那麼無字真經就像太陽。當太陽出來，霧氣消散，你就可以看清楚方向。這就是第二寶，無字真經（口訣）。

3. The Covenant (The Hand Seal)

The third Treasure is the Hand Seal. The central meaning of this Treasure is nurturing love. It is a gesture where the left hand holds the right in a symbolic representation of the tender loving care that you feel when you holds an infant in your arms.

The Hand Seal serves as a reminder of the child within us, our original nature beyond good and bad, right and wrong, judgement and criticism. The Hand Seal also reminds us how precious this inner child is. By using this Treasure, we can rediscover our original nature through Tao cultivation.

At another level, the Hand Seal also represents the divine agreement we have made with ourselves. It is a contract we have signed with our conscience. In this contract, we agree to be bound by the wisdom of the highest self, to always do the right thing and do things right. We agree to walk the positive path, and become a positive influence to everyone around us.

In daily life, use the Hand Seal to bring you back to your true self. The material world, with its temptations and pressures, can taint the purity of your original nature. It can twist emotions into envy, jealousy, and even hatred. The moment you become aware of this happening to you, let your hands come together naturally and form the Hand Seal. Your negative state of mind will transform into contentment, serenity, and compassion.

Like the other Treasures, the Hand Seal can shield you from harm. In a crisis, the Hand Seal will help you maintain your safety and reduce your fears, so you can get yourself out of danger. Your fate is literally in your own hands. With the Hand Seal, you are able to not just change your fate, but also create your own destiny. This is the third Treasure, the Hand Seal.

3. 合同（手印）

第三寶是合同。主要的意義是培養愛心。這個手勢是左手抱右手，代表把嬰兒抱在懷裡溫柔的呵護。

合同是在提醒我們的赤子之心，沒有好壞對錯，沒有批評是非，沒有分別。合同也在提醒這個內心的赤子是多麼的寶貴。時常手抱合同，可以幫助我們找回原有如赤子般的本性。

在另一個層面，合同也代表我們與自己所做的的神聖協定。這也是和我們自己的良心簽訂合約。在這份合約裡，我們同意接受自己良心的約束，做對的事情，把事情做對。我們同意走正確的道路，並對周圍的人產生正面的影響。

在日常生活中，常常手抱合同，可以讓你回到自己的本來面目。物質世界的誘惑和壓力，會污染一個人純真的天性，由羨慕而產生嫉妒，甚至仇恨。當你意識到有這種情況發生的時候，手抱合同，能夠改變你的負面情緒為知足，平靜和慈悲。

就像玄關和口訣一樣，合同可以保護你不受傷害。在危險的時候，合同幫助你維護自己的安全，克服你的恐懼，才能夠讓你脫離險境。真正的命運是掌握在自己的手裡。手抱合同，不但能改變命運，更可以創造命運。這是第三寶，合同。

How Do We Use the Three Treasures?

1. Ensure Your Safety

As you can see in the descriptions above, the Three Treasures can often be used for personal protection. They can help you avoid a dangerous situation in the first place, or help you get out of a dangerous situation once it has already occurred. They are extremely effective in this protective role, and that is why Tao cultivators will often describe using them as sending a distress signal to divine entities who will come to your rescue.

Whenever you sense danger, hold the Mystic Portal, silently recite the Wordless True Sutra, and hold the Hand Seal. The Three Treasures will minimize your fears and panic, so you can clearly see the next steps you should take. If you are already in trouble, the Three Treasures will give you strength, courage and resourcefulness — exactly what you need to help yourself and anyone else who may also be in trouble.

2. Regain Your Calmness

We use the Three Treasures not only in times of danger, but also in daily life. We all live in an ever-changing world, and we face challenges and obstacles all too frequently. We are often swamped with things to do, stressed out by pressures from all directions, and agitated by all kinds of anxieties.

Whenever you feel your mind becoming unsettled, your thoughts becoming chaotic, put the Three Treasures to use. Hold the Mystic Portal, silently recite the Wordless True Sutra, and hold the Hand Seal. Within seconds, you will regain your composure as order emerges out of chaos, giving you the ability to handle the situation. Frequent use of the Three Treasure in this manner transforms you into calmer and better version of yourself.

如何使用三寶

1. 躲劫避難的使用方法

正如上面的描述，三寶可以用於個人防護。在危險尚未發生之前，三寶可以幫助你躲劫避難。一旦危險情況已經發生了，三寶可以幫助你脫離險境。因為三寶非常有效，所以修道人時常說，三寶好像是發送求救信號給仙佛來拯救你。

當你感覺到危險時，意守玄關，默唸無字真經，並手抱合同。使用三寶會減少你的恐懼和驚慌，你才能看清楚下一步應該怎麼走。如果你已經陷入困境，使用三寶會給你力量，勇氣和機智，所以你才能夠幫助自己，也幫助他人。

2. 安頓身心的使用方法

使用三寶不是只在危險的時刻，同時也可以應用在日常生活中。我們都生活在一個不斷變化的世界裡，每天都面對無限的挑戰和障礙。瑣碎的事情，讓我們亂了方向；各方面的壓力，讓我們喘不過氣來；緊張煩惱，讓我們坐立難安。

每當你覺得你的心靜不下來，腦海一片混亂，就使用三寶。意守玄關，默唸無字真經，並手抱合同。幾秒鐘之內，你的情緒就會慢慢鎮靜下來，一切漸漸明朗化，使你能夠平靜的應對各種情況。若能常常持用三寶，自然能得到身心安頓。

3. Deepen Your Meditation

The Three Treasures are particularly powerful when you use them in conjunction with your meditative practice. You can use them in sitting meditation, even for a short while. The Three Treasures will amplify the meditative effect to relax your mind, thus bringing a profound peace to your entire being.

You can also use the Three Treasures in conjunction with I-Kuan Tao rituals. While in the ritual, your hands are in motion with the Hand Seal, while your mind is holding still in the Mystic Portal. As you go through the meditative motions of the ritual, immersed in the depth of humility and respect, your spiritual energy gathers together, and your scattered thoughts return to oneness.

Additional Information

Aside from the Three Treasures are, there are several topics of note, as below:

The Three Mentors

You are now part of the Great Family of the Tao. In this Family, we have the ordained Masters. They are responsible for leading the community, conducting the rituals, and maintaining the temple. They represent Heaven in transmitting the Three Treasures to you.

Every I-Kuan Tao member has an Introducer and a Guarantor. The Introducer is the person who has introduced you to I-Kuan Tao. The Guarantor is the person who vouches for your good character. Together, the Master, Introducer and Guarantor are the Three Mentors. They have taken you on this illuminated path of the Great Tao. We should always remember them.

Initiation Card

Today, you will receive a card with the names of the

3. 靜坐守玄的使用方法

三寶對你在靜心的修練上，特別有幫助。你可以在靜坐時使用三寶，即使是短短的幾分鐘，也可讓你放鬆心情，得到身心的寧靜。

三寶也可以用在一貫道早晚燒香禮節。當你在做燒香禮時，手抱合同叩首是動，心念意守玄關是靜，在一叩一叩的動中靜裡，學習低心下氣，謙恭有禮，這能使你的精氣神凝聚，萬念歸一。

補充資料

除了三寶以外，接下來還有幾件事需要注意的：

三師

你現在是道場大家庭中的一份子。在這個大家庭裡，我們有領有天命的點傳師。他們是負責領導道場，主持禮節，維護佛堂的運作。也是今天代替上天傳三寶給你的人。

每個一貫道的弟子都有引保師。引師是引你入一貫道的人。保師是保證你品行端正的人。點傳師，引師及保師就是三師，他們帶你走上這條人生的光明大道，所以我們要記住他們的名字。

求道卡

今天你會拿到一張求道卡。求道卡上有點傳

Master, Introducer and Guarantor. It will also have today's date and the location of the shrine where your initiation ritual took place.

Keep this card with you. It represents a new beginning. It marks a new starting point in your life, like a new chapter of a book. Whenever you see this card, you will recall to mind today's ritual — the instruction of the Master, the guidance of your Introducer and Guarantor, the application of the Three Treasures, and the priceless value of the precious Tao.

The Token of Merit

The Token of Merit is an important part of the initiation ritual. The temple collects the Token of Merit from you for the purpose of publishing and distributing books about the Tao on your behalf. These books are freely shared with the public, and are an excellent way to create positive karmic connections. The Token of Merit is paid only once, just like one goes through Tao initiation only once per lifetime. Whatever additional contributions you wish to make will be completely up to you.

More importantly, when you give your Token of Merit, you have initiated powerful karma for yourself. It is as if you have opened up a heavenly account to keep track of your merits. From this point on, your compassionate thoughts, your encouraging words, and your virtuous actions will all add to this account.

It won't be long before this account starts paying dividends. The positive energy you have invested into the world will all come back to you. Soon, you will find that the accumulation of your heavenly account reflects the the growth and development of your soul. You begin to see that your cultivation is the result of your efforts.

師，引師及保師的名字，還有今天的日期和你求道的佛堂。

好好保管這張求道卡，這代表一個新的開始，是你生命的另一個起點，就像一本書新章節的開始。每當你看到這張求道卡，就會讓你想到今天的過程：點傳師的叮嚀，引保師的成全，三寶的妙用和道的寶貴。

功德費

功德費是求道儀式中重要的一個環節。佛堂向你收取功德費的用處，是以你的名義去印善書，這些善書是替你和眾生結善緣，做功德。這功德費就像你求道一樣，一輩子只求一次道，一輩子只交一次功德費，若是你以後有心助道，也是隨緣就好。

更重要的是，當你付出你的功德費，就好像你在上天開了一個功德帳戶。從現在開始，你所想的善念，你所說的善言，你所做的善事，都儲存在這個戶頭裡。

很快的，這個帳戶的功德就累積得越來越多。你的善念，善言，善事，為你帶來善報。不久之後，你會發現這個功德帳戶的成長，反映了你靈性的成長。這就讓你了解，你努力的結果，就是你修道的成果。

Conclusion

The Three Treasures are meant for those who have gone through the Initiation Ritual. Therefore, the temple asks that you not reveal any information about the Three Treasures to others. The Tao is open to all, so anyone who would like to have the Three Treasures can go through the ritual to request the Tao for themselves, just as you have.

Keep in touch with the temple and your Three Mentors. Do not forget the date and place of your Ritual. More importantly, do not forget your Tao Family. Return to the temple whenever you can, to reconnect with like-minded Tao cultivators, make new connections, and elevate your spirituality.

Congratulations once again on receiving the Tao and the Three Treasures. May your path ahead be filled with joy and blessings!

結論

三寶是只傳給通過求道儀式的人。因此，請你不要透露三寶給他人。道是開放給所有的眾生，所以任何人希望得到三寶，都可以通過求道儀式，就像你一樣。

你要與佛堂和三師常常保持連絡。不要忘記你求道的日期和求道的地點。更重要的是，不要忘記道場是你的大家庭。盡量常常回到佛堂，常與道親連繫，會讓你認識更多的朋友，心靈更加提升。

再一次恭喜你得到道和三寶。願你未來的人生充滿喜悅和祝福！