



The Scripture of Forty-Nine Chapters, by Ultra Supreme Emptiness Emperor, the Heavenly Lord

a syllabus of Tao-Cultivation translated by Silfong Chen

Chapter 1: Cultivating Merits

The Heavenly Lord said:

If any one wishes to cultivate Tao, he should firstly cultivate merits. All the supreme emperors of various heavens, the lofty honored ones of various heavens, the Real Persons in various heavens, and the divinities and immortals of various heavens, had been cultivating merits diligently, so that they had ascended the positions of Sage and Reality, and their ranks were granted according to their merits recorded by the heavens.

If one has accumulated fully one thousand merits, both his body and his divinity (souls) will become immortal; if his merits are near but less than one thousand, his divinity will become immortal but his physical body will decay; if his contributions benefit trillions of people, he will be a guest of the Jade Pure Pellucid One (The Original Universal Lord). He will slough off his mundane body and become an immortal person, and the immortal person will then become a Real Person.

A Real Person is unhindered, and is thoroughly dissolved in the Nature; when his body disperses, he is the diffuse uncreated(pre-cosmic) energy; when the energy converge, he appears as a person. He has unrestricted supernatural abilities, and can transform himself into anything or even be formless; he can fly through the Three Realms, and travel all the dark and bright regions freely.

When I was living in the mundane world, I made contributions to the world, and then when I ascended to the heaven, the gods of heavens announced my merits.

If anyone can vow to pull and relieve all living beings from their sufferings and his heart never retrogrades (keep practicing it and never regret), he will naturally achieve the true Tao.

Chapter 2: Keeping the precept of being vegetarian

The Heavenly Lord said:

The precept of being vegetarian is the fundamental of Tao, and is a bridge of truth, which across the ocean of births and death, between the ferry and the other shore of liberation.

If you wish to learn Tao, you should be a vegetarian and keep the precepts, and your every single thought should be righteous and Real, then the evils and delusions will vanish of themselves.

Most living beings had abandoned the pure realm and are indulging in meat-eating, this defiles both their bodies and minds. They are like the hungry ghosts who eat dead bodies but cannot extinguish the fire that are burning their hungry intestines so that they can never eat their fill; they are also like the flies and worms who scramble for putrid and stinky things and stay still on them as if those are sandalwood.

In a meat eater's body, the three palaces are turbid, and the six viscera are defiled, the dark souls of the dead bodies (that he ate) are exciting and thriving, and are always willing to guide him to the place of death.

Therefore, you should cut off the root of desires, enter into the pure and tranquil state, do not put any living being into suffering, do not commit anything evil, do not produce any delusions, and do not arouse any evil from your heart.

You should regard the precepts as the laws of the world, when you want to violate any of them, you should be aware of the punishment with fear. You should uphold the teachings of precepts sincerely and respectfully, keep the precepts solemnly as if they are in front of you, and as if you are facing something that you fear. You should keep your heart righteous and solemn, eliminate all thoughts, and listen attentively to the non-dual, then you will be able to experience the Correct Truth, and become my disciple....

Chapter 8: Tasting Tao

The Heavenly Lord said:

After eating honey, your mouth is filled with sweetness, and your tongue has the remaining flavor. Tasting my words is like that, and much greater than that.

Chapter 10: Reforming yourself

The Heavenly Lord said:

All men and women should bow, pay homage to, and devote their lives to the Three Treasures (*). They should wash away their defilements to make the grounds of their hearts clean; they should repent and reform themselves, and vow not to commit the bad deeds any more, then they will be able to be my disciples.

(* *The Three Treasures: Tao, Scriptures, and Teachers [of Tao]*)

If a man or a woman, when he examines his innermost heart (Lit. Center) in the present of the Three Treasures, he really has nothing to repent since he was born, then he is my true disciple...

Chapter 20: No Killing

The Heavenly Lord said:

If you wish to learn my Tao, be careful not to even think of killing.

All living beings love to be alive and fear for death.

My life is his life, thus we should be careful not to despise the lives of other beings.

Some people's mouths and stomachs desire fleshy and greasy things so that living beings are killed and eaten as food. However, if you can have mercy in your heart and consider their fears and pains, you cannot bear to eat them -- this is to prove that you are carrying out the merciful and compassionate practice...

Chapter 23: Kindness and Compassion

The Heavenly Lord said:

Kindness and compassion are the true nature of you all living beings. You should always treat all beings with kindness and compassion and should not have the heart to hurt them. You should regard the sufferings of others as if they were happening to yourself, and wish to save and protect the living beings and make them all peaceful and happy.

All living beings are trapped in sins and sufferings due to their foolishness and ignorance; however, if you do not save them and pull them out from the sufferings, you are as foolish and ignorant as them.

You should always practice with your great compassionate hearts, and then you will achieve the unsurpassed Tao naturally.

Chapter 49: The Encouragement For The Practice

Wonderful Practice Real Person said:

Studying Tao is very laborious, it is like climbing a mountain carrying a heavy burden, so that one may get bored with it and stop the practice.

The Heavenly Lord said:

You should practice diligently, then when you have ascended to the peak, the hardship will cease. At that time, when you look down, you will find that everything is subtle and exquisite.

(Translated into English by Silfong Tsun, December 2006 – available from
<http://taoistresource.home.comcast.net/~taoistresource/0018.html>)