

Outline short notes for Sunday class dated 12th May 2019

Audio : <https://broteoh.com/wp-content/uploads/13-Cultivating-the-Bodhisattvas-Way-12-May-2019.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/13-Cultivating-the-Bodhisattvas-Way-12-May-2019.jpeg>

Brother Teoh's transcript book: Cultivating the Bodhisattva Way, pages 78-97

1. The 4 great/basic **vows** of the **Bodhisattvas** are very important as they will help to take us through the **5 stages** of Bodhi mind developments cumulating to **Buddhahood**.

Stage 1: Aspire to plant the seed of Bodhi deep into your nature's consciousness to arise the Bodhi mind.

To arise the **Bodhi mind** to walk the **Bodhisattva** way **sincerely**, with **faith** and **perseverance** via taking its **4 basic vows**. These will set the conditions for us to be awakened. As our **vows** are being **nurtured**, the **Bodhi mind** becomes **active** even during era where there is **no** Buddha Sasana.

Stage 2: Bodhi mind that subdues all vexation or suffering.

Able to develop the **wisdom** not to be **deluded by the phenomenal** world so that one will not grasp, cling or hold on to them. That is how one is able to **renounce** the **world, all worldly** things which are **unreal, condition arising** and **dependent originating**. That is the reason why when we **take this vow** to **endure** and **sever** all vexations and suffering, we are cultivating **renunciation**.

Stage 3: Bodhi mind that illuminates the true nature or Buddha nature as enlightenment.

Vow to penetrate and understand all Dharma to realize the **perfection** of all **wisdom leading** to one's ability to **illuminate one's true nature** until it becomes **so clear** which means you are able to connect to the **gateway** to your nature. You are able to **transform** and **illuminate** that **nature within**. This third stage will make you a **true Bodhisattva**. This **third stage** is **very powerful** because after this stage, you will **never regress**.

Stage 4: Bodhi mind that renounces samsara.

Time or duration in samsara is not an issue anymore as by then we would have **understood** the **profound diamond sutra** cultivation of **no thought, no mark** and **no dwelling**. Cultivation and Perfection becomes easy at this stage onwards.

Stage 5: Bodhi mind that realizes the consummate of Sammasam Buddhahood.

Perfection of all the 10 Perfections. This stage is not difficult because **as you cultivate** the **first four stages** you would have started perfecting many of the 10 perfections especially Love, Renunciation, Sila, Panna, Viriya, Dana, Khanti, Adhitthana and Sacca.

2. Master Sheng Yen taught **silent illumination** (awareness) meditation which is similar to Brother Teoh's teaching of the silent mind.

3. Silent **without** illumination is samatha meditation. This type of meditation is **not** with a **free mind** but with a **conditioned** mind. The **5 mental hindrances** are all **suppressed** through energy field. They are mainly Jhana and one pointedness concentration type of practices. The mind is like blank because there is **hardly any awareness** within. You are like a **Buddha statue** and this type of mind cannot develop wisdom.
4. Brother Teoh's **silent mind** with **clear awareness** within is a wisdom based meditation via a free mind, where one's mind is **relax, aware** and **without thought** naturally **borne of understanding/wisdom**. The mind is not in concentration and has the ability **to realize the true mind**.
5. The mind needs the **5 spiritual faculties** to root out the **5 mental hindrances** to be in the **meditative** state. All methods and techniques are only **initial skilful means** to **train the mind** to have **sati**. They are not the meditation.
6. **Renunciation** to the Mahayana tradition, means **to renounce all things** that are **not real**, conditions arising and dependent originating. When we vow to sever all vexations and all suffering, we are cultivating **renunciation**. However, the Theravada tradition mainly teaches **physical renunciation**, i.e. to be a monk.
7. We need to cultivate all the **10 steps** listed in the **Avijja Sutta's enlightenment cycle**. Most of us kalyanamittas **already** have the **first 3 steps of having true dharma friends**, able to **listen to the true Dharma** & have **faith** in the Triple Gem. Now, we need to work on the 4th and 5th steps, (i.e. **4th Step**: cultivating the **initial wisdom** (yoniso manasikara) while attending to **step 2** and **5th step**: Cultivating the **daily mindfulness** leading to **sati sampajanna**, the real meditation). These are the two most difficult steps. Step 4 is relatively easier.
8. Yoniso manasikara is cultivating the initial wisdom via the **1st and 2nd turnings** of the **Four Noble Truth's wisdom** to **straighten** our views **after listening** to the Dharma to weaken **avijja** (ignorance). The 1st turning wisdom is suttamaya panna (wisdom borne of hearing the Dharma) and the 2nd turning wisdom is cintamaya panna (Wisdom borne of reflection, inquiry, contemplation and Investigation to put to test all Dharma). This is also the advice from his teacher **Phra Ajahn Yantra** to Brother Teoh – 'we choose contemplate all dharma until very, very clear'.
9. With **yoniso manasikara** in place, there will be **less thinking** and **more moments** of mindfulness **leading** to the **5th step cultivation** of Mindfulness and clear comprehension (**Sati Sampajanna**) which is the real meditation. At this step, apply the **4 Right Efforts** and the **5 Ways to overcome unwholesome thoughts as taught** by the Buddha to progress. Especially the 3rd and 4th ways which are the **meditative ways**. Use the **3rd way** (silent the mind) and the **4th way** (trace the origination factors of the negative thought or mind state and then reverse it retrospectively) to cultivate.
10. After **step 7** (the **3 ways of right conducts**), one would have realize **at least Sotapanaship** (1st stage of sainthood) already where the **first 3 fetters** of sakayaditthi, rites and rituals and doubt in the Triple Gems have been **severed**. After finishing step 7 one might also realize **sakadagamiship** (2nd stage of sainthood) where the 4th and 5th fetters of sensual desire and ill-will have been **attenuated**.
11. At step 8 (cultivating the 4 Foundation of Mindfulness) onwards, one may realize at least Anagamiship (3rd stage of sainthood).
12. For those who understand, broteoh.com website is truly a dharma Gem. All the Dharma there are shared for free. **So do make use of it. Develop the understanding** of it then **put them into practice**. If you do not put them into practice, **Dharma** will remains as **knowledge** and it will **not benefit you**.

(Above outline short notes draft is by Sister Mun Yuen).