

Brother Teoh's 26 May 2019 Sunday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/14th-Cultivating-the-Bodhisattva-Way-26-May-2019.mp3>

Book Reference: Cultivating the Bodhisattva Way (14th Lesson), Page 96-102

1. **Without wisdom**, you will not have **true renunciation** and **compassion**.
When there is **wisdom**, **renunciation** and **compassion manifests automatically**.
 - a. Without love, compassion and wisdom, the egoic mind/self-centredness will **escalate** and **suffering** will keep **increasing** and **spreading**.
2. This Buddha sasana of Sakyamuni, is the **best** window to **break free** and to establish **one's nature firmly** on the **path of dharma**. Through this window, we can also develop the **understanding** and **faith** to **walk this Bodhisattva way firmly** with **ease**.
 - a. We should constantly ask: "Which stage of **bodhi mind development** are we at?"
 - b. **We should aspire** with **utmost sincerity**, **faith** and **understanding** to plant the **seed of Bodhi** deep into our nature **to walk the Bodhisattva way** by taking the **4 basic vows** and all the **other special aspirations** and **additional vows** as given by Bro Teoh via his special printed format/notes to us.

These vows and aspirations are very important because:

"These are the Dharma understanding I need to have."

"These are the Right Views I need to understand."

"I'm going all out to plant this seed of Bodhi to take this **Bodhisattva vows sincerely**, so as not to miss this window of opportunity, so that every life when this nature comes (whether choose to come or has to come), it will have these **right dharma understanding** and **vows** to go this way."

- c. **Renew your vows every day, until it is instilled** in your heart (may take about 3 months):
 - Read through your Bodhisattva vows' notes with a **sincere mind** to **reaffirm** your vows and aspirations.
 - To **renew** your **Four Great basic Vows** and all your **other aspirations** and **affirmations** with **understanding** to **stabilize** and **remember** them **firmly** until you **can recite them without** having to **refer** to the notes anymore.
3. The **seed of Bodhi** will grow - **nourished through wisdom** and **compassion** to **arise the bright Bodhi mind**.
Your **aspirations and vows will bring forth the way**.
4. Strive on to be **Spiritually Alive** (**free mind** that **understands** – i.e. **can settle down** and **becomes still** on its own), **Spiritually Luminous** (clarity of mind – no clinging to self or non-self) and **Spiritually Potent** (overflowing with wisdom)
5. **Silent Illumination** is the **experience of Boundless Spaciousness** (**awareness without a centre**) (**meditative mind** that is **fully aware** and **very sensitive** to the slightest internal stirring/movements as well as external stimuli or sense data impinging.)

- a. We **cannot experience** the **mind as infinitely vast**, if our mind is swamped with **discursive thinking** (**preoccupied with narrow-minded views and heedless thinking - no longer aware**)
 - b. We **cannot experience** the **environment as infinitely vast**, if our mind **constantly discriminate** among sense objects (swayed by **discriminative thoughts**, implies lacking in **equanimity**)
 - c. If your meditation **does not** give rise to **wisdom**, then you are **missing** the point entirely because only **wisdom** can shapes a person's **understanding** and **character** to make them more **noble in every aspect** of their life. They will be **humble, kind, sincere, honest, patient, forgiving, exude wholesomeness, etc.** They will also have **contentment, respect and gratitude** and are very **responsible** (having **right duties**).
 - d. **Awareness** based Meditation has **nothing to do** with **concentration** and **absorption**. **Silent without illumination** is **Samatha meditation**. **Illumination is awareness**.
 - e. **Signs of progress** - a good check is: "Have I become **more peaceful, calm and happy** or have I become **more egoic**? Do I **still have** the **evil roots** of **like and dislike, anger, frustration, unhappiness and discrimination**?"
6. The topic on **confronting old age, sickness and death** as shared by Sister Mun Yuen in her whatsapp was discussed. Sis Chwee commented that such similar messages have been widely circulated in the social media and that there is nothing new in this.
 7. Bro Teoh then asks "**Without the Dhamma, would you be able to overcome such life's challenges?**"
 8. Sis Chwee replied: 'for someone who has a **strong attachment** to the "self" (atta), he or she **would not be able to accept aging** as a **reality** and **may likely suffer** unless they have no choice but to **finally accept such reality**; however **such acceptance** by them is **very different** from those **who have the dhamma**. When **we understand** (that there is **no real identity** of a "self"), then there is **no more** need to **justify** such acceptance and we **can even act** with **true compassion** and **understanding** to help others (when conditions allow).
 9. Bro Teoh shared some experiences from people confronting death, including a Kalyanamittas who had to confront disease and death when she was at the **prime of her career**. (For details please listen to the recorded sharing.)
 10. Sis Chwee urge everyone (the old as well as the young) to **cultivate** the **understanding** of the **4 noble truths** early, as **death** may come **knocking anytime**, unexpectedly.
 11. **Without the Dhamma**, you cannot **understand life**, and **you won't know how to live life**. Worst of all, you **may not know how to die**, as you **do not understand** what **death is**, and you **will fear it**. Also who die and what die?
 12. When there **is condition** for you to **encounter** the Buddha Dhamma, you **should go deep into it** and develop all the **understanding**. Otherwise it is a waste, not being able to make use of it to help yourself, help your loved ones, and others with affinity, so that you may **be a blessing** to all and you can **do your duties** towards nature, fellow living beings, the world and the universal consciousness.
 13. Sis Padmasuri shares that at first she thought she had understood the 4 noble truths, until she was recently tested by a **very personal life's challenge** again. She finally **reacted** towards the **additional responsibilities piled upon her** when **condition** was **rather harsh**.
 14. Sis Chwee applauds Sis Padmasuri **for facing her challenge** with **courage** and **honesty**. She adds that every age has its own challenges, and as we overcome each challenge, we learn and grow to be better versions of ourselves.

(Above outline short notes draft was prepared by Sis Soo Yee)