

Outline short notes for Sunday class dated 23th June 2019

Audio : <https://broteoh.com/wp-content/uploads/16-Cultivating-the-Bodhisattva-Way-23-June-2019.mp3>

Brother Teoh's transcript book: Cultivating the Bodhisattva Way, pages 113-128

1. When we **share merits** with Devas, we **create affinity with Dharma Protectors**. As cultivators, we are part of the Sasana so we will receive protection from Dharma Protectors too.
2. When we share and transfer merits to all beings, this by itself is a meritorious action.
3. When we plant the **Bodhi seed** to arise the **Bodhi mind** to walk the **Bodhisattva way** deep into our nature, these **Bodhisattva vows** will stay in our mind stream life after life until full enlightenment.
4. The **Bodhi seed** must be planted with great resolve, faith, sincerity and understanding otherwise there will be no condition for one to go this way.
5. Most people **go through sufferings first before seeking for the Truth**. However, this may not be the case if the **cultivator** through their past understanding, vows and aspirations can bring forth the causes and conditions for their form and mind to connect early whenever they arise.
6. Tzu Chi members are **mostly Bodhisattvas cultivating** love and compassion within the world first and they follow their own Tzu Chi path as taught by their master.
7. When we take the vows, we use the words 'this nature of mine vows' instead of 'I' vows To cover all future forms and minds.
8. We need to contemplate, reflect and inquire deep into the dharma **to stabilize** what is learnt and **assimilate** them into our nature. With understanding (wisdom), our mind will settle down very fast. We then become more heedful and aware in our daily mindfulness. Whenever we are silent, the spacious awareness without a center will arise.
9. Apart from having the daily mindfulness developed, we also need to develop **clear comprehension** of the following:
 - **Sincerity of purpose**. (We meditate because we want to free our mind and not for psychic power or ability).
 - **Domains of meditation**. (Meditation can be developed in all postures, under all circumstances and at all times in daily life).
 - **Suitability**. (The most important time is now; most important people are those around you whom you can help and the most important place is here).
 - **Non-delusion**. (Not to be trapped and deluded by conditioned mind states (the 10 defilements of insight) that would lead to complacency).
10. Sati sampajanna with clear comprehension is the most important step. If we are successful at this step, the rest of the steps in Avijja Sutta is more or less automatic.
11. Bro Song shared his progress in meditation where he was able **to experience** his **silent mind** (without any mental chattering at all) and be aware of his surroundings and his own heart beat while taking a

leisure walk after lunch (his daily routine). His perception of what he saw was different. Please do listen to the recording for the full details.

12. Bro Teoh explained that **when one's mindfulness has stabilized**, one **will see truth** easily. The mind will be in the **creative state**, which is **just aware** with very little **thinking**. Such a mind **has clarity** and is able to develop the understanding to **resolve all issues amicably**.
13. Bro Teoh advised Kalyanamitta to **constantly listen attentively** to the **Dharma again and again** to develop the **right understanding** of the dharma shared.
14. **Life itself is our greatest teacher** as only **through life** is there **communication** and **relationships** involving the **human minds**. Only in life can Dharma unfold.
15. Sis Mun Yuen shared her experience on a car accident in relation to karma. Please do listen to the recording for the full details.

(Above draft outline short notes was prepared by Sister Mun Yuen)