

Outline short notes for Bro Teoh's Sunday class dated 22 September 2019

Audio : <https://broteoh.com/wp-content/uploads/2-The-Path-to-Truth-For-the-Modern-Day-Bodhisattva-Practitioner-190922.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/2-The-Path-to-Truth-For-the-Modern-Day-Bodhisattva-Practitioner-190922.jpg>

Youtube : [Dharma is Life Itself](https://youtu.be/8G279raOSwU) <https://youtu.be/8G279raOSwU>

Lesson 2: 'The Path to Truth for the Modern-day Bodhisattva Practitioner' by Master Shih Cheng Yen, page x

1. **Life** itself is our **greatest teacher**.
2. **Meditation** is to be **cultivated** in the **midst of life** itself.
3. **Dharma** is **life itself**, for **Truth** is **within life itself**.
 - The **Noble Eightfold Path** (N8FP) is **about life**. **Without life**, there is **no need** for Noble Eightfold Path.
4. **Every encounter in life** can bring about **spiritual practice**.
 - **Meditation** can be developed in **all postures, under all circumstances** and **at all times** in daily life (clear comprehension of the **domain of meditation**). We only need to be **heedful** which is to be **ever mindful** and **constantly meditative** following dhammapada verse 23.
5. **Tame your mind** via cultivating the **5 spiritual faculties**, especially **mindfulness** to *train your mind* to go **beyond** mere **thought conception** (thinking) to *realize* the **true mind** (*a place of pure, undistracted tranquility* and *well-being*) with no thought.
6. Straighten **your views** so that there is **less ignorance**. This will **reduce thinking**. Straightening of views via the **initial wisdom** can be **cultivated** as follows:
 - **Constantly listening** to the True Dharma to develop the **first turning wisdom (suttamaya panna)** to straighten one's views.
 - Then, **reflect, contemplate** and **inquire deeper** to develop the **second turning wisdom (Cintamaya panna)**.

Together, these two turnings wisdom will result in **yoniso manasikara (initial wisdom)** which is **wise attention** at the moment of sense experience. This **initial wisdom** will lead to a stable **daily mindfulness** with **clear comprehension** (sati sampajana). With **sati sampajanna**, *sense restraint* will **come to be** and then **comes** the **three ways of right conducts**. With yoniso manasikara, one becomes **more heedful, composed**, have **less thinking**, **more aware** to **experience the tranquility and stillness** of mind more easily.

7. One can then **Root out habitual tendencies** (borne of **heedfulness**) to **transform how one lives life** (from **heedless living** to **heedful living**).
8. **Heedful living** will **Nurture** our **wisdom-life**.

9. The above **clears the misconception** of **Buddhism** as being a religion that **promotes escaping** from society and the **mundane world**.
10. We only need to have **Faith, Sincerity** and **Perseverance** to cultivate successfully.
11. The following **simple virtues** are **very conducive** for **cultivation** and they are also **very effective** for cultivators to **develop right thoughts** and do away with all the **negative tendencies** associated with one who is **without** such virtues:

- **Appreciative** of life (When one is *appreciative of life* one will have **gratitude**)

- **Contentment** (With contentment one will not have crave, envy, jealousy and lust)

- **Cherish** your blessings (then one will heed the advice of the Buddha to take care of karma)

With these **simple virtues** one will arise **mostly right thoughts**, then **evil thoughts** cannot take root. These simple virtues will help overcome a lot of **negative tendencies** like envy, jealousy, craving, lust, lack of contentment and gratitude towards others, etc.

12. The Bodhisattva Way has 3 stages:

- **Stage 1** is **planting** the **seed of Bodhi** deeply into one's consciousness to arise the Bodhi mind.
- **Stage 2** is to **nurture** the **Bodhi mind**
- **Stage 3** is to **use** this **Bodhi mind** to walk the **path of dharma** (Walk the Bodhi path)

11. From **0 (source)** comes **1** (*first thought of ignorance*). From **1** comes **infinity** (*the myriads creations*). When **mind arises, everything arise**. So **take care of mind** or **suffering will follow**.
12. **Acting from memory** (*often are your accumulated wrong views, opinions and conditionings including your fear, worry, anxiety, phobia, insecurity, scars of memories, etc.*) **is not acting at all**.

Act according to understanding or the Dharma way following N8FP is true action. One need to **cultivate wisdom** to **transform and free**. To do this **one must meditate** to develop the **contemplative** and **direct seeing WISDOM** to **awaken to the Truth**.

13. Sister Karen shared how **her life and fate changed** for the better after **cultivating** the beautiful Dharma as taught by Bro Teoh. She was **full of joy**, when told by an **old friend** of her who can **read palms** very well - who compared Sister Karen's palm lines when she was 35 year old to her current age palm lines. According to her friend, her **palm lines** have **improved a lot compared** to her earlier palm lines. The unwholesome palm lines were all gone and replaced with good and wholesome palm lines.

(The above draft short notes was prepared by Mun Yuen)