

Outline short notes for Bro Teoh's Sunday class dated 1 December 2019

Audio : <https://broteoh.com/wp-content/uploads/6-The-Path-To-The-Truth-For-The-Modern-Day-Bodhisattva-1-Dec-2019.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/6-The-Path-To-The-Truth-For-The-Modern-Day-Bodhisattva-1-Dec-2019-150x150.jpeg>

YouTube : [Let Things Be n Don't Do Anything. This is True Patient Endurance](https://youtu.be/BXnnpl-CYkQ) <https://youtu.be/BXnnpl-CYkQ>

Ref. book: **The Path to Truth for the Modern-day Bodhisattva Practitioner** by Master Shih Cheng Yen (page 26).

1. When we learn, we must learn with the **correct** approach. It is a **trap** to learn **with all our past memories and conditionings**. If we learn from this mindset, we will not have the confidence and will fail to learn **successfully** because we will keep on questioning via our views and opinions and in do so we are **not listening**, e.g. comparing with our past experiences. We have to enquire whether the questions we put forward are important and relevant or are we just questioning based on past conditionings which is not relevant to the current new learning. To **learn** we **must listen attentively** with an **open mind** to develop the **new understanding** then put it **to test** or **investigation** before accepting it.
2. When we learn, we **need to learn** from **someone** who is **proven to be successful** in **that field**. Not just chase after people that we hear is **famous** with a **string of qualifications**.
3. Brother Teoh shared his story about him teaching his brother-in-law on how to make **good money** from stock market investments. He **realized** how his brother-in-law **was hindered** by his **past failures** in the stock market investment that **prevents** him from **listening attentively** with an **open mind**.
4. We tend to learn from the **level of knowledge** (following the old way) that **we had acquired previously**. We **think** we understand and start to improve ourselves through using the **newly acquired** knowledge from the level we are at previously. However, when we learn this way, we are **wasting our time** as this is **thought based** learning that is **not effective**. We are **still doing things** the **same old way** because we are **trying to improve** from our **current level** of **wrong** understanding, which is **not** from a **clean slate** to **learn new understanding** to do **things differently** (i.e. with understanding) instead of speculating which is a form of punting and this is **not investing**. For investing is to grow our investment with proper and good understanding.
5. To **learn successfully**, we **must start** with a **clean slate**. We should **throw** away all our **old rubbish** which is **not effective** and **irrelevant**. We start from zero base, and **investigate** the truth of the **new teaching** with an **open mind**. We should **not be comparing** our **old way** of learning with the **new way**. Understanding the **new way** which is the **successful way** is most important.
6. Strive on with **heedfulness** to awaken, so that we do not have to suffer. As Master Cheng Yen says, "**Just do it**". Brother Teoh said, 'Don't **try to know**'. Why? Because the thought is trying to know through memory. The thoughts will **make your heedless** and **hinder progress**. 'Just do it' or 'don't try to know' means just **silent** your mind to develop the sati, understanding and awakening. When **sati is developed** or **mind has entered sati**, the form and mind **will understand**. Then the understanding will arise. This is **true cultivation**. Don't ask irrelevant question before that, because all this question come from your thoughts and they are your doubts.
7. What is **relevant** is to **cultivate** the **5 Spiritual Faculties** leading to a **very stable sati**.
8. Ask questions with understanding. Learn the Teaching first. Then put it into **cultivation/practice**. Ask questions **after** we have **developed the cultivation** then all the questions will be self-answered.

9. Strive on to **develop sati first**. Then **stabilize** this sati by having a **good daily religious routine** – e.g. Upon waking up and before sleeping, maintain awareness, pay respect to triple gem, do some puja chanting, meditate, share merits, transfer merits, make aspiration and develop **daily mindfulness** training: mindfulness of 4 postures and all actions and movements in present moment in daily life.
10. Listening to dhamma. Then reflect and contemplate on the Teachings. That will **enable us to straighten our views** to develop **yoniso manasikara (initial wisdom)** borne of 2nd turning wisdom). Apply the 2nd Effort to prevent the unwholesome thoughts from arising via this wise attention at the moment of sense experience. Only understanding and wisdom frees the mind. Then cultivate following the **10 steps** as stated in the **Avijja Sutra**.
11. We will start to understand, there is **no point** in arguing. We will just want to **resolve** all issues **amicably** following **Noble 8-Fold Path**.
12. We will accept things and people as they are with understanding.
13. It is **still alright** for some of you to **only have this dhamma understanding** when you are **already quite old**, as this understanding can be brought forward to **our next life** through **our vows** and **aspiration**. Vow to **have such right dhamma understanding** early in all our future lives' coming.
14. We only need to have **faith, sincerity** and **diligence** to stay on the Path. Have **patience endurance** to let things be (different from suppression) and don't do anything. Patience endurance is wisdom. Let things be means accept the reality of the moment with understanding. Don't do anything means **don't react** or **stir** your mind or **become emotional** so that **no evil** will take root and thoughts will **lose its power** to **delude** you. After that, act with clarity and wisdom to resolve issues/matter amicably. If you insist to be right, you will suffer.
15. Everything starts from zero. From the great void all things come. Tzu Chi also started from zero when they started but was able to establish itself to its current strong position after 40+ years due to its founder's **sincere determination**. From a backward country, China also becomes the world's 2nd biggest economy after about 40 years. All Buddha and all Bodhisattvas also started as a normal Puthujjana. Everyone has the **Buddha nature**. Just do it! Don't underestimate your great potential. You can be a Buddha too!
16. The 5 aggregates of form and mind (guests) **are not you**. Remember that you are the **host** and **not** the '**guests**' of the mind. Since you are the **host**, how can **you suffer** when the 5 aggregates of form and mind arise and pass away? You only suffer when you **grasp** and **cling** on to them with delusion. When you are **not deceived** by them, you are free.
17. Understanding must be established so that **wisdom (wise attention)** at the moment of sense experience) **spontaneously** comes out and **prompt you** to act appropriately when confronted with any life situation.
18. Please refer to the **very good** Thursday class outline short notes dated **24 October 2019**, prepared by Sister Tammy for further understanding of the topic.
19. Also, to refer to **page 17** of the **transcript book**: 'Lesson 75 of the 6th Patriarch platform sutra' for more explanation on the topic.
20. Meditation is the journey towards **self-actualization** via the **silent mind** in pure awareness (just aware).
21. The moment you think or verbalize, there is no meditation.
22. Being **conscious** of life, may **not mean**, one is **aware** within. There is **thinking** in being conscious whereas there is **no thinking** when one is just silently aware. When one is **conscious**, one **merely existed** through life **but when one is aware** in life, one truly lives life with understanding.

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