

Outline short notes for Bro Teoh's Sunday class dated 12 January 2020

Ref. The Path to Truth for the Modern-day Bodhisattva Practitioner by Master Shih Cheng Yen, page 48-58.

Audio : <https://broteoh.com/wp-content/uploads/9-The-Path-To-The-Truth-For-the-Modern-Day-Bodhisattva-12-Jan-2020.mp3>

1. Only beings which are **not enlightened** struggle between good and evil in this mundane world. For **Enlightened Beings**, Dharma does not give rise to duality but gives rise to wisdom and understanding.
2. Just a few influential evil people **acting negatively** can bring about conflict and misunderstanding leading to war thereby causing suffering to living beings. Hence, we must cultivate a pure stream of **pure love** and **compassion** borne of **wisdom** to **cleanse** living being's heart to counter such **destructive force**.
3. A single good mission/deed from a **virtuous being** can help **transform millions** of living beings to be **virtuous beings**. We should not underestimate the power of a **virtuous thought**.
4. Instead of seeking help outside, like asking for **blessings** from Buddhas and Bodhisattvas through our affinity with their natures, it is **better to seek** within **our hearts to realize the truth/wisdom**.
5. We **have to understand** the **mind first** in **order to understand Dharma**.
6. After 43 years of expounding the Dharma, the Buddha expounded the **Lotus Sutra** and explained that there is **only one vehicle** and **one path**, which is the **Bodhisattva Path** leading to **Buddhahood**.
7. Sister Karen reported her meditation experience, where she was **experiencing intense joy** and **happiness**. Brother Teoh asked: how she was able to be **so joyous** as **reflected** on **her face** during her meditation. Sister Karen informed that it was due to her **ability to imbued** her mind to have such intense **gratitude** and **joy/happiness after understanding** the **precious dhamma**. Brother Teoh then said, Sister Karen had developed the gratitude, joy and metta **very well** and this can help her do away with all the **negative tendencies** in her mind. Brother Teoh advised Sister Karen to **continue with her good progress** by **relaxing more** and **maintaining awareness**. The **awareness will stabilize** and **eventually transform** into equanimity, i.e. the collected and unwavering mind borne of wisdom.
8. Nature is full of **loving kindness**. Nature just give, give and give. The air we breathe, the water we drink and the food we partake all come from Nature. When there is no more negativity, nature can heal itself.
9. Sister Qinni shared on her recent trip to India where she experienced a lot of joy without feeling tired. Brother Teoh explained that this is due to **her faith** in the **Buddha**. Brother Teoh advised Kalyanamittas to **have faith** in the Buddha, Dharma, Sangha and our own nature. If the Buddha can gain perfect Enlightenment, so can we. **Faith is most important**. With **faith**, the **Dharma will unfold**. The Buddha was just like us before, as He also started off **as a normal human being**. We only need to strive on with **Heedfulness**. When we **have faith**, we can draw and tap the energies of all the holy places we visit.
10. Sister Adeline shared her recent Cameron Highland retreat where **she was able to settle down quickly** on the **first day**. However, on the **second day**, her mind **became dull** and **she felt sleepy**. She then tries to do metta meditation instead and successfully overcome her sleepiness and experienced the spiritual faculties again. Brother Teoh advised her **to focus on her own understanding** to **meditate accordingly** and **not to simply follow** new method or ways that she is **not familiar** with. That is the reason why she felt sleepy and her mind became dull. The other understanding is, just **accord and flow** with nature's conditions, as she cannot be expecting her meditation to be always good or the same. She needs to find out why things changed and not to dislike / reject / resist the 'bad' meditation. She needs to stay with whatever mind state she is experiencing (via maintaining awareness) and then the shift of consciousness would come. When we accord and flow, there is **no resistance** hence **no**

thinking/reaction of mind and we are in sati. However, the moment we perceive and try to do something (via thinking), we are no longer in sati/mindful.

11. Brother Teoh advised us to be wary so as not to be drawn **into thought-based meditation**. Do not be attracted to the words. Just relax and maintain aware. The moment we perceive, verbalize and chatter we are not meditating. Only the silent mind can have the ability to see things as they are, which is not the thought telling us about the things. Investigate with understanding. Do not be gullible.

(Above draft short notes were prepared by Sister Mun Yuen)