

From: Anita Singh <anisinghus@gmail.com>

Sent: 11 December 2022 12:50

To: teohkiankoon@hotmail.com <teohkiankoon@hotmail.com>

Subject: My thoughts and gratitude

Dear Bro Teoh,

Greetings!! 🙏🙏

I am writing to you from India I have been watching your videos on YouTube for the past few months. I have been practicing meditation trying mind cultivation for some years now following nondual teachings. I follow **no particular path** but just by **direct knowledge** and **observation** have gathered information from **reading philosophy books listening discourses by JK, nondual teachings, Buddhist traditions etc.** However, **I never could understand jhana, Samadhi, nimita, mindfulness etc.**

Listening to your lessons has given me a **clear understanding of Buddhist concepts differentiating mundane mind vs true mind, 5 aggregates, truth about mindfulness awareness and practice methods** many many thanks for that. I listen to your videos **over and over again**, it's a **daily activity** for me.

As I remember I had the **very first glimpse of open silent aware thoughtless state** at a very young age of 7 or 8. At that time obviously had no idea at all. After that had thoughtless aware state on many occasions but I had no idea what it was, there was something nudging wanting me to turn direction. However, as life progressed got **lost in the mundane mind gripped by thoughts and suffered with confusion, anxiety, loss, disappointments, rejection, major health problems, relationship issues etc.** Things **turned around**, when I was 40 years old, I was diagnosed with **cancer** and needed surgery; this was a turning point everything changed. I **started reading spiritual books, listening to dharma talks.** Initially it was all **so confusing I didn't understand anything**, but I **continued** listening, meditating and contemplating. I was also working full time, had responsibilities and was taking care of my mother. When I turned 52, my mother was diagnosed with cancer and same time I was diagnosed with heart disease. It was a most difficult and challenging time. Mother passed away and I had a major surgery. I am 58 now, since 6 years ago I have been meditating daily and practicing, such as loving kindness, tonglen, brahmaviharas, nondual meditation and vipassana, open awareness etc. **Noting and labelling meditation was too tedious (lifting pushing dropping) and cumbersome.**

Anyway, mind cultivation and purification began to happen I could see the mind clearing, **thoughts were reducing with the open field of clear awareness.** But I was not sure because thoughts were reducing. **Now I could relate to childhood experiences and state of mind. Never understand** the jhana states but **several times spontaneously** would get into **deep absorption** like being sucked into a vacuum being absolutely firm still and very faint breathing.

However, I continued regular meditation and **realized periods of silent awareness without thoughts during and after formal sitting.** Then, **just about 3 months ago** I came across your channel, and it is **surely some good karma causes and conditions which brought me there.** Now I **listen to your talks over and over again several times, then contemplate, I understand and relate to most of your teaching** as it is **aligned to my insights and experiences.** Now I have a **good understanding of jhana, aggregates, Samadhi and mindfulness, daily practices etc.** I am practicing **daily mindfulness as per your guidance awareness-based meditation** and walking meditation is **much easier now.** I can see the difference between **awareness meditation, samadhi and jhanas.** I understand the **"background awareness": silent observation of things that arise and pass, mind behavior and reactivity, the 3 basic principles of impermanence, dissatisfaction and no self is very clear now.** In **daily meditation mundane thoughts** are now random, mind is clear unstained- as surface of a mirror and still balanced equanimous. Can also **see activities of mind like perception grasping clinging stirring and proliferation of narratives and story formation.** All **I, me, mine arising spontaneously on conditions and dissolving (no permanent I).** **Sense consciousness** like smell taste pass **without verbal thoughts.** Mind is free clear aware

and thoughtless during most of the times in the daily living but sometimes becomes heedless gets carried away by mundane mind especially when I am outside while interacting with others. Soon **becomes heedful due to constant mindfulness.**

A minimalist leading a very simple life, most of the worldliness, desires, activities, relationships interactions etc have fallen away spontaneously. **My teachers are life circumstances, authors of all the dharma talks and books, divine grace and now your guidance!!** I created my own daily ritual, daily bowing, chanting Shantideva aspiration bodhisattva prayer and Eight Verses for Training the Mind. Kindly advise.

There is an escalation in progress **since repeated listening and contemplating your lessons.** Please accept my **sincere heartfelt gratitude.** This is an introductory email, **have lots more to share.** Look forward to your **teachings and support.** (Hope I have successfully conveyed the message with correct terminology). **May your grace always be upon all aspirants!!**

Thankyou 🙏🙏
Anita

From: Teoh Kian Koon <teohkiankoon@hotmail.com>
Sent: 12 December 2022 02:03
To: Anita Singh <anisinghus@gmail.com>
Subject: Re: My thoughts and gratitude

Dear Anita,

Sadhu!x3. Thank u so much for your **kind thoughts and gratitude expressed.** My nature truly rejoices with your **good progress and understanding** of the cultivation, just 3 months **after coming across and listening attentively and diligently** to my u-tube DHAMMA sharing channel.

You should now also go to my website at <https://broteoh.com> (Bro. Teoh's Kalyanamittas - A Repository of Dhamma Material) and look

[Bro. Teoh's Kalyanamittas - A Repository Of Dharma Material](#)

A Repository Of Dharma Material. Enclose below are the 9 Aug 2022 Tuesday classes (Lesson 54 of the Wonderful dharma lotus flower sutra) and Thursday class 11 Aug 2022 recordings for sharing by all:4

broteoh.com

for the book by me - Heart Sutra second edition with this link <https://broteoh.com/wp-content/uploads/Heart-Sutra-Short-Notes-2nd-Edition-2020.pdf>

[HEART SUTRA - Bro. Teoh](#)

Heart Sutra cum Meditation Classes Short Notes Compiled from the weekly Sunday Heart Sutra cum Meditation Classes conducted by: Bro. Teoh Kian Koon

broteoh.com

and read through it **attentively** to **stabilise** your **spiritual understanding** further, then u will understand and progress much faster.

Regarding your:

There is an escalation in progress since repeated listening and contemplating your lessons. - Good do keep it up and **yes repeated listening and contemplate** on what I had shared are **very important steps to develop true progress.**

Please accept my sincere heartfelt gratitude. - Sure, **my nature truly rejoices** with your **rather sincere heartfelt gratitude** and you are more than welcome.

This is an introductory email, have lots more to share. - Yes, looking forward to your further sharing 🙏🙏🙏

Look forward to your teachings and support. - Sure, no problem.

(Hope I have successfully conveyed the message with correct terminology). - Yes u have and Sadhu! x3

So do Keep up with your **good progress** and understanding, but **Do not be complacent.**
Strive on with Heedfulness.....🙏🙏🙏

With Metta always,
Bro Teoh

SukhiHotu, BroTeoh.

Thank you for this above email sharing.
It's such an **uplifting** and **delighting joy** to receive **such beautiful understanding** and **expression of gratitude from a diligent cultivator.**

This nature too understands Bro Teoh 's advice especially on:
**** So do Keep up with your good progress and understanding, but Do not be complacent.**
Strive on with Heedfulness.....🙏🙏🙏 **

With metta and joyous gratitude,
EngBee 🙏🙏🙏

Thank U, Bro Teoh for yr great sharing 🙏🙏
Thank U, Chin How for your kind efforts in recording & posting in the Youtube Bro Teoh's Dhamma sharing.
Without these conditions, **Anita & myself** will **never be able to savour the greatness of Buddha's Teaching**, i wish many more Kalyanamittas can & will come across Bro Teoh's unique Dhamma sharing.
🙏🙏🙏

Bro. TK Chan (from Singapore)