

Website : <https://broteoh.com/cameron-highlands-retreats-2023/> [\(pdf\)](#)

Retreat study notes :

[Cameron Meditation Retreat 2023 timetable](#)

Heart Sutra 2020 [pdf](#) [epub](#) [mobi](#)

Retreat Chanting book [pdf](#)

Unique Dharma Quotes [pdf](#) [epub](#) [mobi](#)

Taking of the Bodhisattva Vows [pdf](#) [epub](#) [mobi](#)

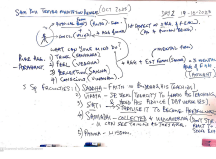
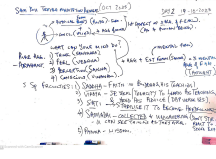
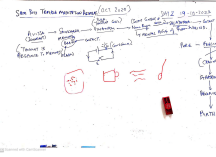
Cultivating the Bodhisattva way [pdf](#) [epub](#) [mobi](#)

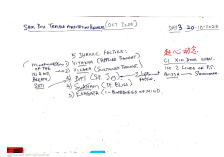
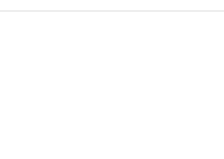
What is the difference between Awareness and

Consciousness [pdf](#) [epub](#) [mobi](#) [video](#)

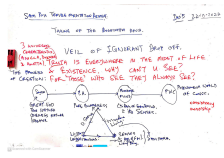
Cameron Retreat 18 – 26 October 2023

Audio mp3	Date / Time	Outlines / YouTube	Photos
	18 Oct		
231018 Day 1 (1)	3pm - 520pm	<p><u>Retreat introduction - Main Purposes and intent</u></p> <p><u>Essence of the Buddha's Teaching</u></p> <p><u>Overcome drowsiness / sleepiness during meditation</u></p>	
231018 Day 1 (2)	520pm - 6pm	<p><u>Heart Sutra pg 1 - 3</u></p> <p><u>Benefits one can achieve attending Cameron spiritual retreat</u></p>	
231018 Day 1 (3)	7pm - 945pm	<p><u>Heart Sutra pg 5 - 6</u></p> <p><u>4 Supports for Awareness based Meditation</u></p> <p><u>Knowledge vs wisdom</u></p> <p><u>Emptiness is form, form is emptiness</u></p>	
	19 Oct		

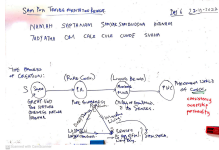

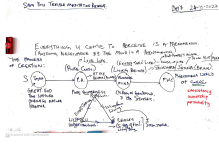
231019 Day 2 (1)	615am-7am	8 Precepts, Morning Exercise & Meditation	
231019 Day 2 (2)	830am-930am	Question & Answer <u>Questions are a means of seeking Dharma understanding, not just Dharma knowledge</u> <u>What is meditation? 99% of the people get it wrong</u>	
231019 Day 2 (2.5)	930am-1130am	Heart Sutra pg 6 - 10 <u>We choose aware every action & every movement in the present moment. This is the highest meditation</u> <u>2 Aspects of the 5 Aggregate of Form and Mind</u> <u>5 Spiritual Faculties</u> <u>If you understand this, your life will be transformed and filled with happiness</u>	
231019 Day 2 (3)	1.30pm-3pm	Heart Sutra pg 10 - 18 <u>3 Poison of Greed, Hatred and Delusions</u>	
231019 Day 2 (4)	4pm-6pm	Question & Answer , Heart Sutra pg 19 - 28 <u>How to relax</u> <u>Swimming is one of the skillful ways to train up your Sati</u> <u>Important to resolve all issues amicably with Harmony, Love & Understanding</u>	
231019 Day 2 (5)	7pm - 930pm	Anattalakkana Sutta & Heart Sutra pg 28 - 35 <u>The disclosure of the Anattalakkhana Sutta and Paṭicca Samuppada (Dependent Origination)</u> <u>Bodhisattva can choose their way to come</u> <u>Kuan Yin Manifestation</u>	

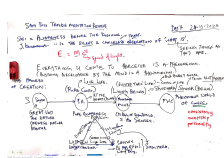

	20 Oct		
<u>231020 Day 3 (1)</u>	615am-730am	<u>8 Precepts, Morning Exercise & Meditation</u> <u>The accumulation of negative psychological memories and emotions leads to suffering</u>	
<u>231020 Day 3 (2)</u>	830am-9am	<u>Morning Chanting & Reflections</u> <u>Important understanding for meditators</u>	
<u>231020 Day 3 (3)</u>	945am-12pm	<u>Heart Sutra pg 36 - 46</u> <u>Without wisdom you can't let go / No reality</u> <u>4 types of happiness for a lay man</u> <u>5 ways to overcome unwholesome thoughts</u> <u>Physical and Psychological time</u>	
<u>231020 Day 3 (4)</u>	130pm-3pm	<u>Heart Sutra pg 46 - 51</u> <u>起心动念 (Arising of your mundane mind creates thinking)</u>	
<u>231020 Day 3 (5)</u>	4pm - 6pm	<u>Question and Answer, Heart Sutra pg 51 - 55</u> <u>Beauty of Lying down meditation/ danger of doing energy field meditatio</u> <u>Mind is Mind, Body is Body, Body is never the Mind and The Mind is never the Body.....</u> <u>Different between Awareness based and One pointedness samatha meditation & 5 Jhana factors</u>	
<u>231020 Day 3 (6)</u>	7pm - 930pm	<u>Evening Chanting, Heart Sutra pg 56-62</u> <u>Key advice on Awareness based Meditation</u> <u>This world of ours is an illusory world - a world of consciousness only</u> <u>Is your life destined?</u>	
	21 Oct		

231021 Day 4 (1)	615am-730am	<p><u>8 Precepts, Morning Exercise, 4 Support for awareness based meditation</u></p> <p><u>To develop Mindfulness - you NEED NOT slow down your movements and activities</u></p>	
231021 Day 4 (2)	8.30am - 9am	<p><u>Morning Chanting & Meditation</u></p>	
231021 Day 4 (3)	940am-1030am	<p><u>Question & Answer, Dynamic Meditation</u></p> <p><u>Luang Por Tean Dynamic Meditation and life stories (Thailand trip + Mediation Experiences)</u></p>	
231021 Day 4 (4)	1030am-12pm	<p><u>Heart Sutra pg 62 - 65</u></p> <p><u>J. Krishnamurti's Quotes - Observer and the Observed</u></p>	
231021 Day 4 (5)	130pm-3pm	<p><u>Heart Sutra pg 65 - 69 & Mrs Teoh sharing</u></p> <p><u>The 4 Foundations of Mindfulness is step 8 of the Avijja Sutta</u></p> <p><u>Mrs Teoh sharing on True Suchness Tathāta 如如不动</u></p>	
231021 Day 4 (6)	4pm-6pm	<p><u>Heart Sutra pg 69 - 83 & Sis Adeline sharing</u></p> <p><u>How to cultivate 2nd turning wisdom of Cinatamaya Panna via inquiry, contemplation and reflection</u></p> <p><u>2nd turning of the 4th Noble Truth (regarding N8FP)'s emphasis is on the word "is to be Cultivated"</u></p>	
231021 Day 4 (7)	7pm-930pm	<p><u>Heart Sutra pg 84 - 94, Chanting</u></p> <p><u>Is making aspiration or invoking power of merit a kind of craving?</u></p> <p><u>Under what conditions might I receive blessings from Buddha or Bodhisattva?</u></p> <p><u>If we have a positive final thought before we die, can it lead us to a good realm?</u></p>	
231022 Day 5 (1)	22 Oct		
231022 Day 5 (1)	615am-730am	<p><u>Important of the Bodhi mind & Heart Sutra pg 95 - 97</u></p>	



		<p><u>To speed up your cultivation, it is important to take the Bodhisattva vows</u></p> <p><u>Don't mislead others in matters of cultivation, as it may lead to karmic obstructions for you</u></p> <p><u>The Lotus sutra can only be received by those who have the parami to cultivate the Bodhisattva way</u></p> <p><u>In meditation how long does it take for your mind to settle down</u></p> <p><u>Meditation is not about beautiful experiences but to gain wisdom and transformation</u></p>	
<u>231022 Day 5 (2)</u>	830am-9am	<u>Morning Chanting & Meditation</u>	
<u>231022 Day 5 (3)</u>	950am-12pm	<p><u>Further explanation and taking of the Bodhisattva vows & Heart Sutra pg 97-106</u></p> <p><u>Time will no longer be your concern when you walk the Bodhisattva way with understanding</u></p> <p><u>How to plant the Bodhi seed and walk the Bodhisattva way</u></p> <p><u>What should one do after one has taken the Bodhisattva vows?</u></p>	
<u>231022 Day 5 (4)</u>	130pm - 2.45pm	<u>Meditation</u>	
<u>231022 Day 5 (5)</u>	3pm-6pm	<p><u>Heart Sutra pg 107 - 129, 4 Circles & Trinity</u></p> <p><u>Determine to be aware</u></p> <p><u>As if the veil of Ignorant has drop off, then the pure nature shine forth</u></p> <p><u>The phenomenon world of consciousness is unreal and empty!</u></p> <p><u>Understanding the Phenomena world of consciousness and the 4 stages of creation</u></p>	 <p>See the notes on the right side of the page.</p> <p>Handwritten notes and diagrams, including a diagram of the 4 stages of creation and a list of levels of ignorance.</p>

<p><u>231022 Day 5 (6)</u></p>	<p>7pm-950pm</p>	<p><u>Heart Sutra pg 130 - 139, Chanting</u></p> <p><u>Moving further into pure awareness (PA) cultivation.</u></p>	
<p>23 Oct</p>			
<p><u>231023 Day 6 (1)</u></p>	<p>615am-730am</p>	<p><u>Puja, Exercise, Dynamic Meditation</u></p>	
<p><u>231023 Day 6 (2)</u></p>	<p>830am-920am</p>	<p><u>Morning Chanting & Meditation</u></p> <p><u>Relax completely, like you're lifeless, and center your awareness around your heart area</u></p>	
<p><u>231023 Day 6 (3)</u></p> <p>950am-12pm</p>		<p><u>Heart Sutra pg 140 - 150 & Miscellaneous Vows</u></p> <p><u>Loving yourself. Making of own additional miscellaneous VOWS</u></p> <p><u>The benefits and purpose of Kalyanamitta Fund</u></p> <p><u>Application of Dharma in daily live via making it a living Dharma</u></p> <p><u>Everything is in a state of flux within the moment, so transient (现在心,过去心,未来心,皆不可得)</u></p> <p><u>Knowledge bind (所知障). Fear, worry and anxiety are obstructions (烦恼障) to cultivation</u></p> <p><u>True virtue requires wisdom. Highest wealth is contentment</u></p> <p><u>Surangama Sutra and the 4 stages of creation</u></p> <p><u>A condition-arising phenomena world of consciousness</u></p>	
<p><u>231023 Day 6 (4)</u></p>	<p>130pm-430pm</p>	<p><u>Heart Sutra pg 150 - 169 & Acceptance</u></p> <p><u>What is the 6th, 7th and 8th consciousness? How it delude us?</u></p> <p><u>9 stages of cemetery decomposition. Nothing is permanent including your beauty, your youth</u></p> <p><u>Understanding Acceptance</u></p>	

		<p><u>Meditation arises wisdom for right action via the Noble 8-Fold Path</u></p> <p><u>Any sense experience, whether pleasant or unpleasant, is a prelude to suffering or dukkha</u></p> <p><u>What is Vipassana? Is it a method or technique?</u></p> <p><u>Without wisdom, you will not be able to accept the reality of separation</u></p> <p><u>Fire Sermon - everything is burning.....</u></p> <p><u>Importance of knowing who you are and what you are</u></p>	
<p><u>231023 Day 6 (5)</u></p>	<p>510pm - 6pm</p>	<p><u>Heart Sutra pg 170-183</u></p> <p><u>All Meditation must be done with understanding</u></p>	
<p><u>231023 Day 6 (6)</u></p>	<p>7pm-9pm</p>	<p><u>Evening Chanting, Heart Sutra pg 184</u></p> <p><u>When your awareness stabilizes you will become very different and after that you will know how to die</u></p> <p><u>Peception of form is consciousness, whereas its non-perception is wisdom</u></p> <p><u>Gratitude will bring forth the understanding</u></p> <p><u>When you understand the Dharma (law of karma & law of mind) you will transform</u></p>	
<p>24 Oct</p>			
<p><u>231024 Day 7 (1)</u></p>	<p>615am - 730am</p>	<p><u>Puja, Exercise & Brain Uses Senses Inefficiently</u></p> <p><u>Aware at heart area so that you can be aware of life to develop wisdom and not knowledge</u></p> <p><u>You may think you are aware but you are NOT!</u></p>	
<p><u>231024 Day 7 (2)</u></p>	<p>830am-1030am</p>	<p><u>Heart Sutra pg 184 - 197</u></p> <p><u>Anything perceivable by the mind is a phenomenon. Mental, physical and nature's phenomena.</u></p> <p><u>How to have a successful marriage?</u></p>	

		<u>Develop inner awareness and stay at to the heart area to learn the Dharma</u>	
<u>231024 Day 7 (3)</u>	11am-12pm	<u>Heart Sutra pg 198 - 216</u>	
<u>231024 Day 7 (4)</u>	130pm-2pm	<u>12 links & Heart Sutra pg 216 - 218</u> <u>Paticca Samuppada (Dependent Origination / 12 links) is multidimensional</u> <u>Mindfulness - Mind in fullness (Full of awareness. Not Full of thoughts!)</u>	
<u>231024 Day 7 (5)</u>	3pm - 6pm	<u>Heart Sutra pg 218 - 234 & J Krishnamurti Quote</u> <u>Awareness is the Silent and Choiceless Observation of What is - J. Krishnamurti</u> <u>The thought is reminding you to be aware. That is not genuine awareness</u> <u>Seeing things as they are without interference from thought or memory</u> <u>Listening attentively without thought</u> <u>The space between thoughts</u> <u>Training the heedless or mundane mind</u> <u>The difference between heedful and heedless living</u> <u>To have sincerity and acceptance are not easy. You need to have wisdom</u>	
<u>231024 Day 7 (6)</u>	7pm - 9pm	<u>Heart Sutra pg 245 - 247, Appendix 3 & Question & Answer</u> <u>5 Spiritual Faculties & 3 phases of Dhamma Cultivation</u> <u>Importance of Sati to walk the Path of Dhamma</u> <u>Why I can't silence my mind and thoughts keep arising</u> <u>The Avijja Sutta (Ignorant & Enlightenment Sequence)</u>	

		<p><u>When you understand the difference between consciousness and awareness you will know how to meditate</u></p> <p><u>Right duty is the right dharma</u></p> <p><u>Anyone who can understand this quote, their minds will transform very fast</u></p> <p><u>Paeon of Joy (Udana Gatha)</u></p>	
	25 Oct		
<u>231025 Day 8 (1)</u>	615am - 7am	<p><u>5 precepts, Morning Exercise & Meditation</u></p> <p><u>Importance of mindfulness and the other spiritual faculties to develop understanding</u></p>	
<u>231025 Day 8 (2)</u>	9am - 12pm	<p><u>Cleaning Duty announcement & Difference between consciousness and awareness</u></p> <p><u>what is the difference between the awareness and consciousness?</u></p> <p><u>You maybe conscious of life but may not be aware while living life</u></p> <p><u>No thought is still a thought</u></p> <p><u>The difference between Mano, Citta and Vinnana</u></p> <p><u>Your heedless mind need to be trained</u></p>	
<u>231025 Day 8 (3)</u>	1145am- 12pm	<p><u>Sincere Faith Resonating with Great Being</u></p> <p><u>How to draw or tap spiritual energy from Great Being's nature?</u></p>	
<u>231025 Day 8 (4)</u>	2pm - 6pm	<p><u>Closing Ceremony, Question & Answer</u></p> <p><u>How to continue your cultivation after you return from the retreat to daily life</u></p> <p><u>Cultivate Sati through bowing to develop insight and awakening</u></p>	
<u>231025 Day 8 (5)</u>	7pm -	<p><u>Kalyanamittas Sharing</u></p>	

	10pm		
	26 Oct		
<u>231026 Day 9 (1)</u>	6.30am - 7.30am	<u>Kalyanamittas Sharing</u>	
		Group Photo	 
		End of Cameron Retreat	

Past Cameron Highlands Retreats

Cameron Highlands Retreats 2022 (27 August – 4 September)

Cameron Highlands Retreats 2020 (14 – 21 March) Retreat Cancel due to MCO

Cameron Highlands Retreats 2019 (15 – 23 March)

Cameron Highlands Retreats 2018 (16 – 24 March)

Cameron Highlands Retreats 2017 (11 – 19 March)

Cameron Highlands Retreats 2016 (3 – 20 March)

Cameron Highlands Retreats 2015 (14 – 22 March)

Cameron Highlands Retreats 2014 (22 – 30 March)

Cameron Highlands Retreats 2013 (1 – 4 March)