



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0001	Self retreat to develop relaxed inner peace and inner awareness	https://youtu.be/T90IhddN02U
0002	How to check one's progress via the trained mind and untrained mind	https://youtu.be/8PygBvf-31M
0003	How to train your mind so that it listen to you	https://youtu.be/0A8ANeNXcVg
0004	Avijja Sutta - the Ignorant and Enlightenment Sequences	https://youtu.be/EbyRR_TLnD4
0005	Cessation of Form and Mind	https://youtu.be/Q0nb2lq2vr4
0006	How to Break the Momentum of your Heedless Habitual Thinking and Stabalise your Daily Mindfulness	https://youtu.be/XWXU-mHd68
0007	How to insight into phenomena to awaken	https://youtu.be/eJbmJiQWnVw
0008	Understanding Paticcasamuppada, Anicca, Dukkha and Anatta	https://youtu.be/4fENNzg8B08
0009	Understanding the limitation of Thought/Knowledge based Meditation versus Awareness based Meditation	https://youtu.be/JQo-YuIA5Fo
0010	First Noble Truth 8 Realities	https://youtu.be/oc6Ejxd0Stw
0011	The Right Way to Inquire into Dhamma Cultivation	https://youtu.be/F9Vx1wGumz8
0012	How to resolve Life Situations through Dhamma Application	https://youtu.be/3sZpdn9sfuk
0013	5 Ways To Overcome Unwholesome Thoughts	https://youtu.be/jITN_QoBnTs
0014	What is Direct Seeing?	https://youtu.be/RgcNAtZ3zrA
0015	Understanding Sila, Citta & Ditthi vissuddhi (3 types of Purification)	https://youtu.be/PtxsxKSUGYg
0016	3 Types of Wisdom Lights : The Secret of Living a Peaceful and Happy Life	https://youtu.be/fyngy5ixp-A
0017	3 Conditions to sustain Life	https://youtu.be/ljrHS5_Qvts
0018	Understanding the Secret of Living Life in Present Moment Awareness	https://youtu.be/X2douBt9oig
0019	What is a phenomenon? Understanding: Mind is the Forerunner of All Things	https://youtu.be/UtWhxEGm8dw
0020	Why is Thought Limited and Egoic?	https://youtu.be/mA9uXUvcPMk
0021	Important Inquiries for developing the Meditative Wisdom	https://youtu.be/U8snCfxIJGQ
0022	Understanding Awareness based Meditation vs Conditioned Thinking and the Unconscious State of Sleep	https://youtu.be/De0DgI1bVuc
0023	5 Daily Contemplation	https://youtu.be/W27-zw50-Xg
0024	Danger of Thought based meditation. Don't look for Dhamma during Meditation. Meditate w silent mind	https://youtu.be/XqzE5Duqtv8
0025	Avijja sutta's 10 steps sequence to Enlightenment	https://youtu.be/kYRvQube3AI
0026	Cultivate 5 Spiritual Faculties to cease the opposite 5 Mental Hindrances	https://youtu.be/zswl bv_8_Eo
0027	Essential Dhamma 10 Perfections and Buddha's Advice	https://youtu.be/4Yxo48Udu9A
0028	Final summary of First Noble Truth	https://youtu.be/93N50d6v184
0029	7 Factors of Enlightenment- Satta Bojjhanga	https://youtu.be/pFXiohiKEko
0030	Seeing beyond Form and understanding Nibbana	https://youtu.be/KaUH_0tRkG4
0031	Danger of the 3 Evil Roots of Greed, Hatred, and Delusion	https://youtu.be/TklZ60kxCK4
0032	Understanding the 3 Universal Characteristics of Nature	https://youtu.be/ADwa91B0Dmk
0033	Panca Niyama (5 Universal orders of Nature)	https://youtu.be/y3XW2K96auU
0034	Understanding Thought. (The Controller is the Controlled)	https://youtu.be/c-teCbfISTE
0035	Understanding the True Purpose & Intent of Meditation	https://youtu.be/aPtV0q7ANIQ
0036	MEDITATE with UNDERSTANDING following the analogy of swimming	https://youtu.be/l-ox1sZYB1c
0037	Understanding ourselves enable us to understand others. Stages of Transformation in Cultivation	https://youtu.be/0021VyNvFGI
0038	Awareness Based Meditation Instructions for Beginners	https://youtu.be/xW_BjHUjN0g



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0039	Deviant Samadhi forewarned in the Shurangama Sutra	https://youtu.be/hHPtYLSfx18
0040	How Awareness Nature enables one to understand the Essential Dhamma & leads to the awakening	https://youtu.be/5NHu0FSLgFw
0041	How living beings come to be as per Shurangama sutra	https://youtu.be/qUzZutaRtP0
0042	Understanding How Thoughts are Created	https://youtu.be/ueA1aU6Yy00
0043	6th Patriarch Platform Sutra of Hui Neng	https://youtu.be/PJQQ09DWGD0
0044	Beauty of Living the Mundane Life with Spiritual Understanding	https://youtu.be/py2XAQ00i0c
0045	Meaning of Tathata and Suchness	https://youtu.be/mo8MjSGAvyQ
0046	Seeking Truth vs Knowledge	https://youtu.be/7uERHFxNV_o
0047	Why One's Response reflects One's True Characters	https://youtu.be/Qc6inBiWvek
0048	Seeing Beyond Form & Seeing beyond Mind	https://youtu.be/U87kLg3H98Y
0049	Bowing Mindfully to develop Sati	https://youtu.be/PXE0N7JH8-A
0050	As advised by Bro Teoh, do seize upon this golden opportunity to cultivate during this MCO lockdown	https://youtu.be/aEdcnEncg5I
0051	J Krishnamurti's Quote on Direct Seeing	https://youtu.be/11HSEzKXF iQ
0052	Heedfulness Leading to Enlightenment	https://youtu.be/9xRDI3NJIks
0053	Understanding the purpose and intent of Meditation	https://youtu.be/m_tLQec8FfE
0054	Understanding the 5 Universal Nature's Laws that governs Life & Existence	https://youtu.be/tcgYiAADYug
0055	The Difference Between Contemplation and Thinking	https://youtu.be/ct9jxaSbhm0
0056	Mind State of a True Cultivator	https://youtu.be/xBHwGs_DQwY
0057	True Suchness & The Essence of Mind	https://youtu.be/kJgRI5dGJ2M
0058	Heedfulness and the Three Universal Characteristics	https://youtu.be/HVKHJUL6QcQ
0059	Cultivating the Five Spiritual Faculties	https://youtu.be/RgTMym4u3wk
0060	Wisdom Energy	https://youtu.be/1IPsXgJ6CoU
0061	To Accord and Flow, with Wisdom, in All Life Situations	https://youtu.be/q_Emp8PHRjw
0062	The Phenomenal or Illusionary World	https://youtu.be/KfQBSXc68oQ
0063	The Wisdom of "Let Things Be"	https://youtu.be/DZATQ0cGK04
0064	Understanding Feeling - Pleasant, Unpleasant and Neutral	https://youtu.be/hTQIE1lghGc
0065	How to train the Mind that cannot Meditate (because it thinks alot)	https://youtu.be/1dZp3-scg0s
0066	Wisdom VS Knowledge	https://youtu.be/3133oL5jWlI
0067	Avijja Sutta	https://youtu.be/s4B-N1yAdSg
0068	The 2nd Aspect of 5 aggregates of Form and Mind	https://youtu.be/2rNeDtRIecs
0069	Dhammapada Verses on Heedfulness	https://youtu.be/5fbctaPSvH4
0070	Dhammapada Verses on What Leads to Suffering and Happiness	https://youtu.be/J7epqWqVC6w
0071	How To Train The Mind To Be Heedful?	https://youtu.be/b3UAW507PiY
0072	How to overcome pain during meditation?	https://youtu.be/fN2yK8QBvA8
0073	5 ways to overcome negative unwholesome thoughts	https://youtu.be/kZI-9gwovU
0074	Understanding Specific Phenomena awareness and Spacious Awareness (without a centre).	https://youtu.be/iPSg40nLPgA
0075	Radiate Metta, develop virtue & goodness of heart. Be mindful & aware always to take care of karma.	https://youtu.be/lblQaU0duo
0076	Angulimala Sutta MN86	https://youtu.be/hPvRNfgVyS0



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0077	Common Meditation Mistakes made by Cultivators not following the Dhamma way	https://youtu.be/1_dGTwCT0p4
0078	The Beauty and Uniqueness of Heart Sutra's Teaching	https://youtu.be/kAC2UDYRAQU
0079	Can chanting bring about Enlightenment?	https://youtu.be/xrD2XHvN3As
0080	To overcome habitual tendency, Develop ability to be Relaxed, Silent and Aware Within - Be with it	https://youtu.be/Bt1hHu9xiH4
0081	6R's Meditation Practice - Right Effort to Train and Relax the Mind	https://youtu.be/SZRmSmXgrYI
0082	What is Meditation? - as taught by Lord Buddha	https://youtu.be/7U0-WKAeYzQ
0083	7 factors of Enlightenment	https://youtu.be/u4v5dqLQIEE
0084	3 Types of Karmic Obstacles	https://youtu.be/xFVo1XUcZUc
0085	3 Turnings (12 Modes) of the 4 Noble Truths	https://youtu.be/YWvArYIopzY
0086	A True Dharma Practitioner's Sharing - 25 June 2020	https://youtu.be/K9xv45ukCw4
0087	Form is emptiness and Emptiness is Form (色即是空, 空即是色) - 23 June 2020	https://youtu.be/ccsaRXvSd6I
0088	Life Itself is Meditation - J.Krishnamurti Quote	https://youtu.be/VZb18axKBpA
0089	Cultivate 2nd turning wisdom of Cintamaya Panna via inquiry, contemplation & reflection on the Truth	https://youtu.be/ugl7U8TYFWc
0090	Understanding What is Appamada or Heedfulness	https://youtu.be/6kR52IH85H0
0091	Applying the 6R Technique with understanding to cultivate Awareness based Meditation	https://youtu.be/TkJvRWi0dMo
0092	Reversing the Light to shine within, Total Understanding of the Ever-Shining, He is Host and Master	https://youtu.be/04nkwINCSJw
0093	How to maintain Mindfulness in the midst of Life and Work?	https://youtu.be/zUn0daBZN1Y
0094	Spacious awareness and mindfulness in daily life	https://youtu.be/MCZRoaXBRso
0095	Confronting Life situation with wisdom	https://youtu.be/gybJnbY7EgQ
0096	7 stages of purification (Satta Visuddhi)	https://youtu.be/oTnhX_a_UxM
0097	Meditative results borne of right understanding	https://youtu.be/P9S48xXfVtM
0098	Beautiful sharing. Have faith, sincerity, perseverance and patience	https://youtu.be/r08aVJWhwNs
0099	Can enlightenment be realised through listening?	https://youtu.be/64EModXlcTQ
0100	Applying N8FP to deal with difficult people	https://youtu.be/5ERCat3rWsA
0101	To Meditate well, one must have Sila (to take care of Karma) for Sati & Samadhi to kick in	https://youtu.be/YCGNXuSRJrI
0102	Importance of the first 3 Purification of: Sila (Morality), Citta (Mind) & Ditthi (Views) vissudhi	https://youtu.be/VQVeK46JiWw
0103	Heedfulness is the only way to understand the meaning of life	https://youtu.be/l90aJHGIGYU
0104	Form & Mind are our vehicle & tool in life. Use them to live a noble life. Don't be deluded by them	https://youtu.be/97F_eziNtXA
0105	Mind quality that is beneficial in this and future lives	https://youtu.be/FnNo3KEWY8
0106	Understanding 5 Mental Hindrances (Panca Nivarana)	https://youtu.be/RzarN9Y0KQY
0107	Story, Perfection of Patience (Khanti Parami)	https://youtu.be/-dVQP4G1pJc
0108	Reminder for Silent Awareness based Meditation	https://youtu.be/bUvcSTfTdSg
0109	Heedful Living	https://youtu.be/p8lZUTfhEvQ
0110	Understanding 'The Unconditioned'	https://youtu.be/XB5wSwMHn20
0111	Spot the moment the mundane mind arises	https://youtu.be/nlyERcMZ1Uw
0112	Return to our pure Nature	https://youtu.be/pv0vBa19g50
0113	Dharma leading to virtues, wisdom and great love!	https://youtu.be/0keXTJiQc5I



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0114	Understanding Anatta (Non-Self / Empty nature of existence)	https://youtu.be/toYd03MLs14
0115	Understanding Form and Mind Dhamma	https://youtu.be/l2nQQXWtYHQ
0116	The Art of Observation	https://youtu.be/RBVg1lxdQM8
0117	The Three Types of Suffering	https://youtu.be/N6RKTcas02M
0118	How to stabilize your Mindfulness	https://youtu.be/FP9tt0H0Qnc
0119	How to be a True Modern-Day Bodhisattva Practitioner	https://youtu.be/SMHRAJePMiM
0120	Summary of Cultivation	https://youtu.be/5FxxHADu978
0121	Chart (What is meditation as taught by the Buddha)	https://youtu.be/7x3P1ZdRh_M
0122	Zen Proverbs on the 3 levels of Seeing	https://youtu.be/PrB2EomJb-g
0123	Dharma in Daily life	https://youtu.be/_LUgYsd981k
0124	Purpose of Formal Meditation	https://youtu.be/Hrh4UxM2Tzw
0125	How should we use the Silent or True mind to Meditate & develop wisdom	https://youtu.be/TiKyZT0px0w
0126	Truth IS! Not "your truth" or "my truth"	https://youtu.be/aPcgxej2_90
0127	Mind Dhamma + Seeing beyond form and mind	https://youtu.be/p5MieotZ4iA
0128	Meditate with understanding via using the Silent/True mind	https://youtu.be/owwiUgtnDEs
0129	Mahayana's 3 levels of Seeing	https://youtu.be/Zy61apX6BrU
0130	Silent everything & stay with it - 3rd way to overcome unwholesome thoughts/emotions	https://youtu.be/0oEzDL5P3LU
0131	Wake up call! See the importance of heedful living	https://youtu.be/TBNc81sulIk
0132	Significance of The 3 Turning of The Four Noble Truths	https://youtu.be/0KqLZ9RwdY4
0133	Understanding The Awareness Nature Within via Meditation	https://youtu.be/ANogXyvBSVA
0134	Deeper Understanding on how the Silent Mind in awareness pervades the entire oneness	https://youtu.be/S9pPiFK4S8o
0135	The Objective of Doing Bowing Meditation	https://youtu.be/vH8SJoGgS4w
0136	Understand How The 18 Sense Realms Works	https://youtu.be/aYq0l1f-kc8
0137	Liberation via The Fire Sermon	https://youtu.be/4jZXlQDMbpI
0138	The 18 Sense Realms	https://youtu.be/YF9M2cZxk0Y
0139	Be a silent observer, let the awareness nature shines forth.	https://youtu.be/x3wzxwhE80U
0140	The samādhi mind of a great being	https://youtu.be/WHC0hM260D0
0141	Rebirth of a Bodhisattva is via a pure mind, not due to ignorance	https://youtu.be/XWlzbPcbssgg
0142	How to stabilise ones Sati via awareness of ones heartbeat during Meditation	https://youtu.be/WQhkiVK7w0s
0143	The Real Cultivation	https://youtu.be/TZ0vp9wxbFU
0144	Important factors that paves the way for good progress in your cultivation	https://youtu.be/QU2Dr3YE4io
0145	to Investigate within and without, to realise the Truth/Dhamma via "Seeing things as they are"	https://youtu.be/9MWZ6w3tR3U
0146	Very direct, simple yet penetrative explanation of the Awareness Nature	https://youtu.be/V8aPx-BktVs
0147	What should I do? My mind always wander off during meditation	https://youtu.be/GVYFFav0N6o
0148	Further explanation on Reversing the Light to shine within and Our Mind is like a Garden	https://youtu.be/x8WCgYhZKD4
0149	Significance of Puja and having a good religious routine	https://youtu.be/k4-WrseunUs
0150	Have Faith. Ask for Forgiveness & make Aspiration. Be Patient. Trust your Nature.	https://youtu.be/UkKc1p765nQ
0151	Sabbe sankhara anicca, Sabbe sankhara dukkha, Sabbe dhamma anatta	https://youtu.be/bx7f0d3APTl
0152	3 right views to cultivate to be on the right path	https://youtu.be/l12YEksjWY4



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0153	Why Thought based Meditation cannot develop Real Sati only Awareness based Meditation	https://youtu.be/f6Z01GMosaA
0154	Understanding Real Dharma Cultivation. (Which is not Dharma knowledge)	https://youtu.be/W_Ub6i7DYf4
0155	Complete explanation on how to link Avija Sutra to the whole cultivation	https://youtu.be/s3tzeGKf3CY
0156	How to overcome our Life's problems via the dhamma way?	https://youtu.be/1nZKUR5iVvM
0157	Only when your mindfulness is very stable, are u able to see your subtle mental intention	https://youtu.be/dPXomAisUXw
0158	Cultivation is unique. The more you share, the more you will receive	https://youtu.be/74hpSAPVriI
0159	Sati Sampajanna and 4 Foundation of Mindfulness	https://youtu.be/yEEJYZcxV0Q
0160	Sati Sampajanna and 4 types of Clear Comprehension	https://youtu.be/S1QhcQUZV4U
0161	How do you cultivate Daily Mindfulness	https://youtu.be/MUaIva-p4E
0162	How to stabilize your Sati and turn it into Heedfulness	https://youtu.be/KE-dgm4vVqk
0163	What does "Mind enter Sati" mean?	https://youtu.be/u9n4Ix-dAWQ
0164	How to differentiate between Real Cessation and Thought Cessation	https://youtu.be/DXZ6kTKQ04Q
0165	The difference between Lying down Meditation and Sitting Meditation	https://youtu.be/wmra_rVT4i0
0166	Without Daily Mindfulness there will be No Real Awakening and No Real Dharma	https://youtu.be/wY1_SL-B-QM
0167	Understanding BroTeoh's Unique Dharma quotes (Direct teaching pointing towards the True Mind)	https://youtu.be/3XUJy8GmIOU
0168	Never be complacent. Complacency will lead to downfall in your cultivation	https://youtu.be/sKtjAsIJBK4
0169	Technically, if you understand, you don't need methods or techniques to learn Meditation	https://youtu.be/1e0LnAhPFfI
0170	Developing Formal Meditation and Daily Mindfulness cultivation diligently can lead to fast progress	https://youtu.be/z6y14JrgdJA
0171	What should I do when I feel body vibration during Lying Down Meditation	https://youtu.be/RXpyiBjPJvw
0172	Non-contentious; Non-Greed and Non-Seeking (不爭、不貪、不求)	https://youtu.be/tkrIFyJEVNA
0173	Understanding the Real Awareness based Meditation	https://youtu.be/_ja2BY5pZ1A
0174	Spiritual Cultivation takes time and require patience to stabilise the understanding	https://youtu.be/4AoGIYJ0Eq4
0175	Plant the Bodhi mind, Make firm Aspirations & Vows with Faith, Sincerity and Understanding	https://youtu.be/EwAxE5rARuM
0176	Without the silent mind to observe and awaken, you can't learn the True Dharma (心为根本)	https://youtu.be/JA95iRpN7x4
0177	Help only when there is condition	https://youtu.be/wlv72AznL30
0178	You must understand why you need to keep the precepts	https://youtu.be/2dWL-50Wwfs
0179	Is moderate drinking acceptable in Buddhism?	https://youtu.be/ayhmi020zBI
0180	Without Yoniso Manasikara, you can't develop Sati Samjanna or Daily Mindfulness	https://youtu.be/0ApP4_-BuuA
0181	Just silent your mind. Be with the moment to appreciate the pristine beauty and wonders of life	https://youtu.be/7WJx_J3auqI
0182	Without Sati you cannot understand the True Dhamma	https://youtu.be/1k53oIt3aBw
0183	It is rare to be able to come across this Teaching. Thank your good Karma and Parami!	https://youtu.be/B_CDP1s0JZI
0184	Total Relaxation is the key, to let your natural state arise and let your body heal by itself	https://youtu.be/k2Fm7nBx18k
0185	Don't become agitated by what others do. Reflect with wisdom and accept people for who they are	https://youtu.be/magy38mVjvA
0186	Understanding Truth. Truth can never be monopolized. Truth IS	https://youtu.be/P2pogQf2i3U
0187	What should one do when one experiences conflict, argument and problem with others?	https://youtu.be/KZlIhe_5g9pU
0188	Patient endurance born of Wisdom	https://youtu.be/Rwg4sVbr52o
0189	Complacency can lead to regression in cultivation	https://youtu.be/pRb_Ab0C12M
0190	Wisdom based compassion vs thought based compassion	https://youtu.be/1P0hLIhV-vc
0191	How to deal with thoughts when they arise during meditation	https://youtu.be/ozAkJoMEE4c



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0192	Why is Meditation so difficult? Here is the solution	https://youtu.be/xAt0hJw_tjE
0193	How to develop wisdom through cultivating the 1st, 2nd and 3rd turnings of the 4 Noble Truths	https://youtu.be/U7UyHL9D0xk
0194	Without stability of mindfulness, you can't see the 12 links. What you understand is just theory	https://youtu.be/jAc-po1p27g
0195	Accord & flow with conditions, at peace w all, then everything falls into place & unfold beautifully	https://youtu.be/mnyRcH82Jc8
0196	4 Noble Truths : Summary of cultivation needed to end all suffering & to be Enlightened	https://youtu.be/v23_ihzsSus
0197	Spacious awareness without a centre must come from a free mind	https://youtu.be/XAcf04os5ZY
0198	4 stage cycles of all Phenomena	https://youtu.be/S-GZcuvnBQU
0199	Why a lot of people can't make progress (and even regress) after attending retreats. The reason is..	https://youtu.be/jvE-SHxJYQQ
0200	To root out habitual tendencies, you need to straighten your view & meditate with the silent mind	https://youtu.be/p39b_l_3hwI
0201	Silent your mind to heedfully trace its origination factors, then retrospectively reverse it	https://youtu.be/0N8iuoo03Xg
0202	Meditation is not to attach to experiences, instead wisdom that arise is more important	https://youtu.be/FexYCVJQpCE
0203	How to deal with rigidity of views in life via the Dhamma way?	https://youtu.be/z972DhypAWU
0204	Outflow is, not Defilements but the birth & death of Mundane Mind	https://youtu.be/v4p00Wh-ZF4
0205	Understanding how the Non-Grasping of the Mundane Mind can arise	https://youtu.be/9JhvnUUfG00
0206	What is the Unconditioned?	https://youtu.be/xC7CtcjbYaU
0207	Understanding Arahant and Bodhisattva Ways Cultivation	https://youtu.be/B1G19Zp0p64
0208	Rescuing oneself and rescuing others (自度,度他)	https://youtu.be/YKQt8mRaNh0
0209	Nibbana is complete Cessation	https://youtu.be/Rd_gw2nKHQ0
0210	Understanding spiritual cultivation. Accept whatever happens during cultivation as part of the way	https://youtu.be/P4GZYdsfRgg
0211	The stages of Transformation is unending. Wisdom continues to unfold as one goes through life	https://youtu.be/HnbWvjJXNjU
0212	How to invoke power of merits via vows/aspirations to break Karmic obstructions	https://youtu.be/-Noq_hvdmOE
0213	Daily mindfulness Samadhi as against formal Meditation Samadhi	https://youtu.be/5Sg2ExwxK4M
0214	Put cultivation to test by going into life. Having a stable Samadhi in daily life is a pre-requisite	https://youtu.be/0WknU5vwZn8
0215	Daily mindfulness cultivation ~ only wisdom frees the mind	https://youtu.be/psLnA9vI28Y
0216	Daily mindfulness cultivation to develop wisdom via direct seeing to see things as they are & awaken	https://youtu.be/H-Dd_qxALss
0217	3 types of Dana parami	https://youtu.be/FBr sVgyaLp0
0218	Understanding the Pure Awareness nature	https://youtu.be/YPmf0_RYjv8
0219	Real Meditation is to just observe 'what is' to develop wisdom	https://youtu.be/F-18zLGIN18
0220	Pure merits vs tainted merits	https://youtu.be/3tXQ4JYQdPI
0221	Best Mother's Day Gift from Mrs Teoh “不要被它牽去, 要做就對了! “ Awareness at work	https://youtu.be/F9ms29Gd0ec
0222	Beware of complacency that prevents cultivation due to too good a Lifestyle	https://youtu.be/ZxTIKQoxTXw
0223	Thoughts divide & thought is limited. Do u know how we create thoughts?	https://youtu.be/ybxuJ_en2ik
0224	5 Aggregates analogies by the Buddha	https://youtu.be/hDZrLMAt62s
0225	Is the body really you? Car and driver analogy	https://youtu.be/mI0ZNth43us
0226	Understanding mind and phenomena & Who are you?	https://youtu.be/EeUHgtSYTnY
0227	The nature of all phenomena is Still and Empty	https://youtu.be/g0l4C2pWEbU
0228	The complete void of the noumenon world encompasses the infinite phenomena world	https://youtu.be/F8MWeJ64CoE
0229	Asking for forgiveness is a way to liberate your mind	https://youtu.be/WjaXingqyJc



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0230	How your mind see external form? The unreality of form	https://youtu.be/5dFN9eyNKcI
0231	Understand 5 Aggregates of Form & Mind to develop awakening via meditation	https://youtu.be/VNuC3-THM_Y
0232	How you function as a human being : who are you and what are you?	https://youtu.be/b2Bc4DJpTvM
0233	Only mundane mind creating the phenomena world via mental perception and consciousness, not so real	https://youtu.be/TkSfM4quVsk
0234	Meditate with understanding. Don't do anything, don't try to know. Just aware until mind enter sati.	https://youtu.be/Bk0m1fbcrho
0235	Real Metta	https://youtu.be/1_QTFAKLUCM
0236	The real cultivation at heart area is when form delusion no longer has any power over you	https://youtu.be/uIhz7EA6MAg
0237	The key to Meditation is "Relax, Aware, Silent"	https://youtu.be/T3uJnBJ9y34
0238	The main intent and purpose of setting up the Kalyanamittas fund	https://youtu.be/8Inue58TphY
0239	How do we train the mind to be Heedful? And revert Anapanasati to daily mindfulness?	https://youtu.be/Iiom4vR4X3k
0240	Cultivate Extensively! Complacency will only bring Downfall!	https://youtu.be/jUPafLIW_oU
0241	Dhamma is Truth. Truth is everywhere, in the midst of life and nature, why can't you see?	https://youtu.be/-Kvb0P00yVo
0242	The Source, Oneness nature : one with everything!	https://youtu.be/wPceiW9aKmqQ
0243	Change of lineage to an Ariya	https://youtu.be/CMdzk4CHIYw
0244	Just Do to experience by oneself	https://youtu.be/YJ9VibeX98A
0245	Faith is the first Spiritual Faculty. Without Faith you can't start your spiritual cultivation	https://youtu.be/69Dgs0voN60
0246	The whole cultivation is not easy as it involve the conditioned, unconditioned and the Form & Mind	https://youtu.be/MSAlH40B7G0
0247	Truth is everywhere why can't u see? If u can't, then u still don't have True Dhamma understanding	https://youtu.be/5DHR63W6ypw
0248	Is the composed mind the same as sati (awareness/mindfulness)?	https://youtu.be/mwyhRcZzm5o
0249	You may be conscious of life but you are not aware	https://youtu.be/rP1sXg7o8qg
0250	When you have direct seeing and wisdom you will not be caught by your emotion	https://youtu.be/4Q2hQfH3VZ8
0251	Don't rationalise your thoughts, to avoid getting trapped. Develop the silent inner awareness	https://youtu.be/_6dYpqazQ0k
0252	Why is it so difficult to root out Habitual Tendencies? How can one do it?	https://youtu.be/cDmrJwaMVYM
0253	If your cultivation is on the right path, 5 Mind Manifestations will arise.	https://youtu.be/ysBkZhegcg8
0254	True cultivation is difficult to come by. Most Teachings shared are theoretical, thought-based	https://youtu.be/lfxvpx-vjda
0255	Dhamma investigation is via the silent mind to reflect & contemplate, not active thinking/reasoning	https://youtu.be/-MVg4-SPYs0
0256	Bodhisattvas are enlightened beings so why do they still have thoughts for sentient beings?	https://youtu.be/zr tbbZcMFqM
0257	I use Anapana to anchor my mind so that I am able to relax my mind for meditation	https://youtu.be/2GEyprR1oIo
0258	Understanding Meditation as defined by J Krishnamurti	https://youtu.be/pBv6yNe-Kqc
0259	The real meditation only starts when you have stabilized your daily mindfulness	https://youtu.be/Qzq1Rd7Nny8
0260	Is there such a thing as the best posture to meditate: sitting, walking, standing or lying down?	https://youtu.be/yf iVKdikceE
0261	Is there any way to "measure" your meditation progress?	https://youtu.be/gZQVIJtly8A
0262	The ability to feel your heartbeat is just the very beginning of lying down meditation	https://youtu.be/ZbT i71gyysM
0263	Main purpose and intent of Buddhist Meditation is to develop wisdom	https://youtu.be/MPFQwdM9Fwk
0264	People's true nature is inherently pure, however it becomes tainted by habitual tendencies	https://youtu.be/wC06iMfGM-U
0265	Our True Nature is empty & still. To realise the True Mind, you need to completely silent your mind	https://youtu.be/Ux0cZxJou-g
0266	Understanding the main intent & purpose of dhamma cultivation	https://youtu.be/IoWpI0buXb8
0267	Mind can only do 1 thing at a time. Either we are lost in thought or completely silent in awareness	https://youtu.be/cYVoXmz0790



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0268	Understanding the real awakening	https://youtu.be/pZ7v7LI0c9I
0269	Duality only exist in the conditioned world. When u realise profound emptiness, duality don't exist	https://youtu.be/TJfftZnUT3cc
0270	You must realise your True Mind. Without Thought, that is your True Mind.	https://youtu.be/zzmGKWjU_H8
0271	Realising your True mind, Silent Mind is Paramount and a Prerequisite. U need a Stable Sati to do it	https://youtu.be/SH_AlYaAy3w
0272	Why is thought (the mundane mind) limited and egoic?	https://youtu.be/SSJq-hdWUA0
0273	Cultivation must be done with understanding via developing sati (pure awareness) to silently observe	https://youtu.be/00Q8ieoP5TE
0274	How to develop Awareness-Based-Meditation?	https://youtu.be/Ac76kVziXDM
0275	Guided Awareness based Meditation	https://youtu.be/uQhECPjwM8k
0276	Dhamma is found within our daily living. Hence life itself is our greatest teacher.	https://youtu.be/3P0QIQKcv18
0277	If you want to be free from all Suffering. Understand Dharma, Develop Wisdom & take care of Karma!	https://youtu.be/Z90zSZE9FaI
0278	Meditation isn't about hrs u sit n having good experiences. But to awaken wisdom via the silent mind	https://youtu.be/dTbPILlxGB0
0279	Understanding spiritual cultivation and its transformation process	https://youtu.be/WizhL0eE4tM
0280	How to train the mind to develop Sati? Mind enters Sati	https://youtu.be/qLhxbxbwR7E
0281	J Krishnamurti - You can sit and meditate for a thousand years yet you may not understand yourself..	https://youtu.be/-zHt7G1JMvY
0282	With wisdom, understanding & patience to be at peace with all conditions, karma will reverse itself	https://youtu.be/3Vq3A-IVt_4
0283	Faith, sincerity & diligence to cultivate the Bodhisattva Way	https://youtu.be/ctPRG-KjIA0
0284	To plant the seed of Bodhi to arise the Bodhi Mind (菩提心) to walk the Bodhisattva Way	https://youtu.be/ohLx-drr_ms
0285	Without wisdom, there is no true virtue. True Bodhisattvas are wise beings	https://youtu.be/Xf0E1iy-7hA
0286	Not until you connect to your true mind, you cannot inherit anything from your spiritual nature	https://youtu.be/hmSWiH_Rrnk
0287	Cultivate strong affinity w KuanYin & Great beings for their natures blessings, protection, guidance	https://youtu.be/KrprqbID0b8
0288	Physical body is not spiritual nature. Spiritual nature is borne of its cultivation and perfection	https://youtu.be/h_mgDUx_UkY
0289	Spiritual nature cannot be taken away	https://youtu.be/HYkXx3y-kX0
0290	Bodhisattva takes rebirth via its vow borne of love & compassion, not through rebirth consciousness	https://youtu.be/qTTx2V9sm0A
0291	3 sets of pure precepts of the Bodhisattva	https://youtu.be/eB0Et_umiLQ
0292	By receiving the Bodhisattva precepts one generates vast amount of merits	https://youtu.be/RXdcBb_UNhs
0293	The 4 Great Vows of the Bodhisattvas	https://youtu.be/7GfTVmd-eJk
0294	Do determine strongly with strong Faith to plant the seed of Bodhi in this very life!	https://youtu.be/8IAH9zBbX14
0295	When we attend to things Unfit-For-Attention, the unarisen asava arises, & arisen asava increases!	https://youtu.be/GoC4oApkI5g
0296	How to develop the Meditative mind?	https://youtu.be/WDTuFDBIydQ
0297	Fastest way to develop the Meditative mind	https://youtu.be/VNZZbpuUMks
0298	It's always been the Ultimate truth "That all things are Empty n Still in nature & all appearances"	https://youtu.be/jL64bljemZE
0299	Source ~ the Oneness nature	https://youtu.be/JTf5qoKUvyk
0300	Phenomena vs noumenon	https://youtu.be/HmFHeralyjQ
0301	Gateway to our nature	https://youtu.be/iGjQZNfI630
0302	What is seeing? Who see and what see?	https://youtu.be/e62xyvbW8sU
0303	Relative truth vs ultimate truth	https://youtu.be/kqQKctdydJ8



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0304	Importance of having a very strong Saddha (Faith) to sustain the progress in cultivation	https://youtu.be/e7fJ6y3caGU
0305	Nibbana	https://youtu.be/3oLnBPY0s0E
0306	How to train one's mind through awareness based meditation	https://youtu.be/08q4WYU4yJM
0307	Your mind must enter sati, for it to be ever-mindful and constantly meditative	https://youtu.be/D4n-P-WLU24
0308	4 phases of a phenomenon, they are all dependent originating: Arising, abiding, changing & ceasing	https://youtu.be/LJzSSPkjxtU
0309	Understanding karmic nature and the rebirth process	https://youtu.be/LiYR9c6G7ic
0310	Due to lack of 5 spiritual faculties, 5 mental hindrances arise	https://youtu.be/0XU0zAXYPJs
0311	What are you doing in the name of Meditation?	https://youtu.be/EH1_cJvJeYI
0312	A short summary of 3 Turning of the 4 Noble Truth	https://youtu.be/0kjx6uIyZ-E
0313	Listen from the heart. Mind to mind transmission	https://youtu.be/MiZyWEL0hrQ
0314	What are the highest blessings?	https://youtu.be/c2-E51MkGf8
0315	How to transcend duality	https://youtu.be/C7gqoixtbBE
0316	In forgiving others, you are freeing yourself from suffering	https://youtu.be/jsq96JpqDzk
0317	How to use thought, and yet not be deluded by it?	https://youtu.be/rMmPWYpmIS4
0318	The surface mind has to be quiet before you can go into the subconscious & the unconscious	https://youtu.be/2Ah0I-TeeSQ
0319	3rd and 4th ways to overcome negative unwholesome thoughts	https://youtu.be/QKgynPk3Zzk
0320	What does it mean to "just let things be"	https://youtu.be/X_XoETXNwhA
0321	3 types of karmic obstructions	https://youtu.be/jo_Xio-DviQ
0322	Train the mind to enter sati, for it to be aware of all actions & movements arising in every moment	https://youtu.be/iuIo4E1WwXc
0323	One pointedness Jhana meditation can't free your mind from mental hindrances, it only suppresses it	https://youtu.be/Q2C6socKG8I
0324	How to relax, when feeling tensed during formal meditation?	https://youtu.be/EdV6a4vcACg
0325	Moment to moment spontaneous dependent origination versus over 3-life span	https://youtu.be/6b60M5xUwJO
0326	Direct seeing experience	https://youtu.be/t0jHd23yEsI
0327	8 types of consciousness	https://youtu.be/dDnCQQBIr10
0328	Why this thought, not other thoughts?	https://youtu.be/ZsLH0Zs0-kY
0329	5th daily contemplation about kamma	https://youtu.be/m07-kaKVwqI
0330	Understand Mano, Citta & Vinnana	https://youtu.be/cTfXC0IJ4RA
0331	Is there a thinker behind a thought? Is there an observer and the observed?	https://youtu.be/Z0Ao62ZFkgM
0332	What is Memory? And why acting according to Memory is not acting at all?	https://youtu.be/Krc7bgSd6hw
0333	Why is thought fearful of the unknown?	https://youtu.be/BCPGQkKW9pM
0334	Can Paticca samuppada stop at any link point at the moment of sense experience?	https://youtu.be/IG2odqp1mZU
0335	Noble Eight Fold Path is the noble embodiment of the Noble ones, Ariya	https://youtu.be/ynVGqtYDfS0
0336	4 types of happiness	https://youtu.be/r9zA0tUqHRE
0337	Essence of the Buddha's Teaching - 4 Noble Truths (3 Turnings)	https://youtu.be/pA3_Zutnmhk
0338	Just do, don't try to know, stabilise awareness nature. Wisdom is via awakening in the silent mind	https://youtu.be/Ga-4TrkFfmQ
0339	Awareness based Meditation Guidelines	https://youtu.be/r0BfYLGokVk
0340	Pristine Beauty & Wonders of Life	https://youtu.be/f6ub0phXsU4
0341	Only mindfulness and constant contemplations can open your inner dharma door. Seeing beyond form.	https://youtu.be/sLLAbP0x1rY



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0342	How to maintain mindfulness after you come out from your meditation	https://youtu.be/w2TRNfYzACo
0343	Sainthood way vs the Boddhisatta way. Handful of leaves question....	https://youtu.be/F2krqdEaGDs
0344	2 aspects of the 5 Aggregates of Form and Mind	https://youtu.be/i_5_zk6KjaI
0345	Form is emptiness, emptiness is form 色不异空, 空不异色, 色即是空, 空即是色.	https://youtu.be/rei_8pbifyA
0346	How to have positive relationships with family members	https://youtu.be/n-hmqdGKT0k
0347	4 Supports for Awareness based Meditation	https://youtu.be/gZCaI3V-1hM
0348	Five daily reflections or contemplations	https://youtu.be/sD5BBfuLTjo
0349	Craving is the cause of suffering. Craving is Attachment = Grasping, clinging via delusion	https://youtu.be/ZVJkJG1wwZU
0350	Perception of form is consciousness whereas its non-perception is wisdom	https://youtu.be/fayd2qAqEZI
0351	What is the deep meaning of Dukkha?	https://youtu.be/2z8e0gInczs
0352	Unlike Karma, you cannot inherit your spiritual nature until you are connected	https://youtu.be/foxPS08mc7A
0353	Don't go for tainted merits. Without wisdom suffering will continue.	https://youtu.be/XNQjdvm2b50
0354	Sixth Patriarch (Hui Neng) 六祖慧能 vs Venerable ShenXiu 神秀 way of cultivation	https://youtu.be/ekoHG7YyxtE
0355	Make the aspiration now! Plant the seed of Bodhi. Your future life will be taken care of.	https://youtu.be/jshh352tC7k
0356	How are clinging, grasping & attachment different	https://youtu.be/z1QaGQaDPj8
0357	Only wisdom via daily mindfulness you can understand why Form is external manifestation of mind	https://youtu.be/RkptvAcAZ2k
0358	Importance to cultivate stable Sati or mindfulness leading to Heedfulness throughout the day	https://youtu.be/ZHBEo0BlwFY
0359	Constantly develop the bowing with awareness and patience, it will benefit you tremendously	https://youtu.be/Un672H5NvL8
0360	Why a person like Angulimala killed 999 yet still can become Arahant	https://youtu.be/WDCQJ9RLEuU
0361	How to overcome leg pain during meditation	https://youtu.be/b0DkVqKFKIw
0362	Cultivate Metta Bhavana to counter negative emotion - the 1st way	https://youtu.be/2nieDui0iUo
0363	The danger of not comprehending what sakkāyadiṭṭhi or self-delusion is!	https://youtu.be/BATMRiLVMjk
0364	Understanding Spacious Awareness AND thought	https://youtu.be/H4n11um5L4E
0365	Is Mahayana teaching authentic as it is not recorded in Theravada script?	https://youtu.be/ymsCGc4Jj-8
0366	How karma control you	https://youtu.be/EKbjhiyoGbM
0367	Learn to live life and not to worry about life!	https://youtu.be/sI11E1wd0Uo
0368	How could faith drive us in cultivation	https://youtu.be/QL_PEJDoSwg
0369	Pure merits are borne of pure action that is free of all evil roots of Greed, Hatred and Delusion	https://youtu.be/6UKg6Fwt9G4
0370	Dhamma is not knowledge. Importance of 2nd turning contemplative wisdom is beautiful.	https://youtu.be/NaTIJww0sz8
0371	This is my way of cultivation - a must listen sharing, very unique and most beautiful	https://youtu.be/DNGvICq0U5M
0372	How do I cultivate Noble Eightfold Path and live life?	https://youtu.be/_lKeCfVNHpk
0373	Why mundane mind and our senses are so easily affected by the external environment?	https://youtu.be/CFFeF024aHU
0374	What is a problem? When you perceive a situation with negativity	https://youtu.be/soA2lYeTslA
0375	Skillful way to develop mindfulness meditation	https://youtu.be/9bee2sDk_Aw
0376	Different phases of Metta cultivation	https://youtu.be/na8XJG1kxzM
0377	Appendix 6A - The Trinity triangle to help understand Cultivation	https://youtu.be/mQkIHQdsdTE
0378	Comparison or measurement arise when one lacks of contentment	https://youtu.be/E2GbzoCyJOE
0379	The Dhammacakkappavattana Sutta Chanting	https://youtu.be/hMd9WU3B00o
0380	Do you know what is Form Dharma & Mind Dharma?	https://youtu.be/6x0KubmDyBY
0381	The 6 sense bases activities are natural processes and they are all dependent origination	https://youtu.be/2J-t85bS7t8



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0382	Mental hindrances of sensual desire and ill-will (your pleasant & unpleasant reaction of mind)	ht tps://youtu.be/Ve1FVkwuhZQ
0383	Our education system don't train us to understand spiritual teachings to solve our life problem	ht tps://youtu.be/WkCGXeCGxPg
0384	What is psychological and mechanical memory?	ht tps://youtu.be/BdEotEBKkY0
0385	To overcome sloth and torpor in meditation by relaxing into every mind state that arise	ht tps://youtu.be/MxzX_MuuZec
0386	Pure feeling can occur only if you have the wisdom if not it will go directly to craving or aversion	ht tps://youtu.be/JX2yy4Gk8k0
0387	Unless there is conditions, just let things be	ht tps://youtu.be/viF7T60GmuI
0388	Silent the mind to detect the gateway via trust to do on its own	ht tps://youtu.be/wAIB1Lg2BLk
0389	Stages of Anapanasati breathing in meditation	ht tps://youtu.be/FckPI7r5ELM
0390	Only Wisdom Frees!	ht tps://youtu.be/84YJQDs2EwY
0391	When your mind enter Sati your body and mind will know	ht tps://youtu.be/MSnXHtU5eZY
0392	Law of kamma - you reap what you sow	ht tps://youtu.be/hoTmAUFmXSg
0393	Essence Of Buddha's teachings mundane & supramundane	ht tps://youtu.be/JxlV98_v57A
0394	3 levels of seeings	ht tps://youtu.be/eJ0ppvjN0Cs
0395	Importance of having no negativity + Analogy of direct seeing	ht tps://youtu.be/daa-MD8rbRw
0396	Thought-based meditation's knowledge cannot solve real life problems	ht tps://youtu.be/eee1hnhPPCg
0397	Non-self and empty nature (or unreality) of existence and life	ht tps://youtu.be/_wC9ah0LAKg
0398	Thought is response to Memory	ht tps://youtu.be/q0vNLqWGN9s
0399	What is meditation? Who is doing the meditation? What is the "I and me"?	ht tps://youtu.be/ygUcsUKe3Jl
0400	Acting according to memory is not acting at all	ht tps://youtu.be/HjgRASr7fvq
0401	For those who haven't stabilise their Sati / Mindfulness, they need to	ht tps://youtu.be/v80VvcQHONA
0402	If you are too complicated you can't learn the true Dharma	ht tps://youtu.be/Gd1W30BLIdY
0403	Experiencing mindfulness for the first time	ht tps://youtu.be/6bjm25p-SMY
0404	Constant Rejoicing (Sadhu) is a virtuous action that can help you 'open' your heart	ht tps://youtu.be/PFv3rzuY-sM
0405	To progress to change you can't believe your thought and give justification	ht tps://youtu.be/eFGGAs_JkKM
0406	Be natural and maintain relaxation of form and mind all time. Always be at ease.	ht tps://youtu.be/FCCSjRc0Ylg
0407	Hungry Ghosts realm & July month	ht tps://youtu.be/0e1LcouTBzM
0408	How not to forget where you place your things or your purse, etc	ht tps://youtu.be/FBC8maoqEBk
0409	Without Faith you can't progress or move forward in your cultivation	ht tps://youtu.be/hr7swd5Ze98
0410	How to deal with the noise when you are meditating or sleeping? Trained mind & Untrained mind.	ht tps://youtu.be/nT5cKZUovzk
0411	Can we choose which family to be born into and when to be born? Only great beings can.	ht tps://youtu.be/ZisYc-kFmSw
0412	Bodhisattava's rebirth with pure thought and pure vows	ht tps://youtu.be/RL3181Fel18
0413	The main purpose of the cultivation is ...	ht tps://youtu.be/bW02MKuLwzw
0414	To develop wisdom you need to meditate with the True Mind to Awaken	ht tps://youtu.be/WM909dIPmJ8
0415	Lying down meditation. Karmic...., understanding sensation, craving...	ht tps://youtu.be/NM915Row118
0416	How to deal with unpleasant sound during meditation?	ht tps://youtu.be/GQ8-pXc2vc8
0417	Understand death before you die	ht tps://youtu.be/wbWgZjNATSM
0418	That is the REAL Meditation!	ht tps://youtu.be/DmJjkbNAGOY
0419	How to realise the FREE Mind?	ht tps://youtu.be/VVMaJ_knCGo
0420	Sankharaupapatti Sutta	ht tps://youtu.be/Q7FkEne2ooc
0421	Relax, maintain silence and awareness are key to awareness based meditation	ht tps://youtu.be/abFHMp5sXz8



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0422	How Bodhisattva & Buddha reappear?	ht tps://youtu.be/lvr4hHUV9xE
0423	Without heedfulness, there is no meditation. Heedfulness is the path to the deathless.	ht tps://youtu.be/NXVquPDvtQc
0424	Heedfulness is constantly meditative and ever mindful. The heedful is destined for enlightenment.	ht tps://youtu.be/yn5J7HZZT0I
0425	The heedful never dies. You need the silent mind to understand the truth	ht tps://youtu.be/SFD1KWs9jmU
0426	Be patient. Focus on the cultivation. Develop the silent mind.	ht tps://youtu.be/s4btyq-Xazs
0427	Will one's right view enable one to remove habitual tendency?	ht tps://youtu.be/KVmyVvFU9YE
0428	How to return to Dhamma cultivation after a long lapse?	ht tps://youtu.be/mJHW3yZVeqM
0429	Why you meditate and the purpose of meditation?	ht tps://youtu.be/kgihHh1D1nU
0430	Understanding meditation & how you function as a human being	ht tps://youtu.be/MkSsYcZm-A0
0431	2 types of Bodhisattvas	ht tps://youtu.be/4dMvYSbz3M0
0432	The 3 pure precepts of Bodhisattva	ht tps://youtu.be/pUgkas1_mfw
0433	How to break all karmic obstructions to bring about the way?	ht tps://youtu.be/lU6kSzH83-Y
0434	Why do we take precepts?	ht tps://youtu.be/kMzF11RbF8I
0435	What have I got to lose by taking the Bodhisattva vows?	ht tps://youtu.be/tbheoqhobnQ
0436	The source of genuine love and compassion from the Buddhist perspectives	ht tps://youtu.be/9kzc9b4Mlqw
0437	Who is a Bodhisattva? The meaning of a Bodhisattva..	ht tps://youtu.be/oI5Koz87p6c
0438	Develop filial piety. Don't argue/fight & want things your way.Resolve issues amicably	ht tps://youtu.be/s0arexZVn_8
0439	Thought is dependent originating. Whatever mind states that arise will come to pass.	ht tps://youtu.be/8SVWly_Ra29o
0440	Strive on with Heedfulness! So have to develop Heedfulness first.....!	ht tps://youtu.be/qJe7Ld0cDLo
0441	Essence of the Buddha's Teaching - 4 Noble Truths (3 Turnings)	ht tps://youtu.be/wIFh6DMRQds
0442	Overcome drowsiness / sleepiness during meditation	ht tps://youtu.be/6HR8A6TY-iU
0443	Benefits one can achieve attending Cameron spiritual retreat	ht tps://youtu.be/B6F0gTc6xeI?feature=shared
0444	4 Supports for Awareness based Meditation	ht tps://youtu.be/1uU7rNF2xK0
0445	Knowledge vs wisdom	ht tps://youtu.be/Rg98clu4lwY
0446	Emptiness is form, form is emptiness	ht tps://youtu.be/BKJkPqpodTk
0447	Questions are a means of seeking Dharma understanding, not just Dharma knowledge	ht tps://youtu.be/JtR3kWIpNxg
0448	What is meditation? 99% of the people get it wrong	ht tps://youtu.be/2meXEWzzjmQ
0449	We choose aware every action & every movement in the present moment. This is the highest meditation	ht tps://youtu.be/c5WfCfus-Sw
0450	2 Aspects of the 5 Aggregate of Form and Mind	ht tps://youtu.be/-sBE3E8Foc
0451	5 Spiritual Faculties	ht tps://youtu.be/qJxhS36DMDA
0452	How to relax	ht tps://youtu.be/x_JEwrZDyGM
0453	Swimming is one of the skillful ways to train up your Sati	ht tps://youtu.be/ww-kf8ILGik
0454	Discussion of Anattalakkhana Sutta and Paṭicca Samuppada (Dependent Origination / 12 links)	ht tps://youtu.be/UQx10RqBmBw
0455	Bodhisattva can choice their way to come	ht tps://youtu.be/qcMwmr tXRzY
0456	Our greatest illusion is believing that our life and our 5 aggregates of form and mind are real!	ht tps://youtu.be/2VZtchMIzqs
0457	A deeper understanding of why it's essential to cultivate awareness-based meditation	ht tps://youtu.be/1ygKt-_lcc
0458	Kuan yin manifestation	ht tps://youtu.be/XuZ97XYRy0c
0459	3 poison of Greed, Hatred and Delusions	ht tps://youtu.be/WbnaYXsGYB8
0460	Important note to meditators	ht tps://youtu.be/sNzNYyqGK1M



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0461	Path to Nibbana: Awakening through Cessation of form & mind	https://youtu.be/FUhfHgxw-DU
0462	Why is relaxation so important in spiritual cultivation and for the maintenance of good health?	https://youtu.be/qpnhi t-GW4
0463	Sixth Patriarch Huineng (六祖惠能) Meditation 3 Hallmarks	https://youtu.be/mZWm0swYYWk
0464	Understanding how Theravada and Mahayana teachings complement each other	https://youtu.be/o6VwVdNpxrc
0465	Why is Mahayana hard to grasp? Understanding the pros and cons of Theravada and Mahayana teachings	https://youtu.be/YQkp_YHI dy4
0466	The different between Sudden teaching (顿悟法门) and Gradual teaching (渐悟法门)	https://youtu.be/SNzcTpLVZkY
0467	Without thought you are already Aware so don't try to be aware!	https://youtu.be/5yV5AeoTWQA
0468	Understand the pristine beauty and wonders of life and dhamma	https://youtu.be/d0jUkbYD0wY
0469	Luang Por Teean Dynamic Meditation and life stories (Thailand trip + Mediation Experiences)	https://youtu.be/HBF_L3kCs0s
0470	起心动念 The Arising of Mind Creates Mundane Thinking or Sankhara Activities	https://youtu.be/9YPcppbbUv4
0471	Cultivating Vedananupassana with the silent mind. Importance of relaxation.	https://youtu.be/L8nduGbURB0
0472	Understanding how the unarisen mental hindrance arise and cease to develop the wisdom.	https://youtu.be/u7gARdePChU
0473	Convention Dharma nowadays are too theoretical. It can't help one to understand the true cultivation	https://youtu.be/h57qExTheU4
0474	Understand that the Duality created by mundane mind exist only within the condition world.	https://youtu.be/jDp8tA15Jk8
0475	Realise the true mind and use it to live life	https://youtu.be/ufkdRaraAHE
0476	Cultivate Cittanupassana to see the content of consciousness clearly	https://youtu.be/tiwUIPux7SQ
0477	The deeper meaning of the Middle Way is to transcend duality.	https://youtu.be/hsK2oFf10IM
0478	The instrument of Meditation must be the pure awareness nature within us	https://youtu.be/ahHPow10cLU
0479	Do Not Rush! You need to understand clearly what cultivation is before you start yr cultivation.	https://youtu.be/4miJVsm0_Cc
0480	Whether you are doing sitting or lying down meditation the key purpose is to train our awareness	https://youtu.be/_u3ZyUrbQSE
0481	Don't try to know. Relax and maintain your awareness. Stay silent and be with it. Don't react to it.	https://youtu.be/qIDy7Tr0DiQ
0482	How to develop daily mindfulness	https://youtu.be/Qw2-yxS1chw
0483	Unless your wisdom had stabilized, don't believe you have no more sankhara	https://youtu.be/Zpr9aaPKSKQ
0484	Determine to be aware	https://youtu.be/Bf40P14MJi4
0485	Moving further into pure awareness	https://youtu.be/wYOC28BB0aU
0486	The accumulation of negative psychological memories and emotions leads to suffering	https://youtu.be/o99cpDHI8uk
0487	4 types of happiness for a lay man	https://youtu.be/kahdgC3A2cw
0488	5 ways to overcome unwholesome thoughts	https://youtu.be/-i-CPVh6Vs
0489	Without wisdom you can't let go / No reality	https://youtu.be/-iwTNDdHZlk
0490	Physical and Psychological time	https://youtu.be/t-vprQ7-np0
0491	Lying down meditation/ danger of the energy meditation	https://youtu.be/zh3Fr1qDSRo
0492	Mind is Mind, Body is Body, Body is never the Mind and The Mind is never the Body	https://youtu.be/am_moY-NwPw
0493	Key advice on Awareness based Meditation	https://youtu.be/cQLPEK12MiQ
0494	This world of ours is an illusionary world - a world of consciousness only	https://youtu.be/jHHhRZ9oRgc
0495	Is your life destined?	https://youtu.be/pe94M_hJ9EU
0496	To develop Mindfulness - you NEED NOT slow down your movements and activities	https://youtu.be/IPFHeRB5M3c
0497	Different between Awareness based and One pointedness samatha meditation & 5 Jhana factors	https://youtu.be/z7sXGDC20uw
0498	J. Krishnamurti's Quotes - Observer and the Observed	https://youtu.be/WHB9ySQdQVM



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0499	The 4 Foundations of Mindfulness is step 8 of the Avijja Sutta	https://youtu.be/vxXH0I27IEw
0500	Mrs Teoh sharing on True Suchness Tathāta 如如不动	https://youtu.be/pe6qGNzrBR4
0501	How to cultivate 2nd turning wisdom of Cinatamaya Panna via inquiry, contemplation and reflection	https://youtu.be/fF3cTWPnuos
0502	2nd turning of the 4th Noble Truth (regarding N8FP)'s emphasis is on the word "is to be Cultivated"	https://youtu.be/d8emlcbxCvg
0503	Is making aspiration or invoking power of merit a kind of craving?	https://youtu.be/e3wpJpeNx0s
0504	Under what conditions might I receive blessings from Buddha or Bodhisattva?	https://youtu.be/v16h0IT5nHY
0505	If we have a positive final thought before we die, can it lead us to a good realm?	https://youtu.be/_GK12nwScLs
0506	To speed up your cultivation, it is important to take the Bodhisattva vows	https://youtu.be/-IZEwfUNQAU
0507	Don't mislead others in matters of cultivation, as it may lead to karmic obstructions for you	https://youtu.be/YW0qDXgNlk8
0508	The Lotus sutra can only be received by those who have the parami to cultivate the Bodhisattva way	https://youtu.be/fYycN9YqeoE
0509	In meditation how long does it take for your mind to settle down	https://youtu.be/EvBVchtXZZw
0510	Meditation is not about beautiful experiences but to gain wisdom and transformation	https://youtu.be/muoljRjfl0g
0511	Time will no longer be your concern when you walk the Bodhisattva way with understanding.	https://youtu.be/RGB0soSmx9k
0512	How to plant the Bodhi seed and walk the Bodhisattva way	https://youtu.be/DDnzLNIsoHA
0513	What should one do after one has taken the Bodhisattva vows?	https://youtu.be/LxNyydDB25k
0514	As if the veil of Ignorant has drop off, then the pure nature shine forth	https://youtu.be/TKz1h51uuEE
0515	The phenomenon world is a world of consciousness and they are all really empty!	https://youtu.be/yvcGbPXsYOU
0516	Understanding the Phenomena world of consciousness and the 4 stages of creation	https://youtu.be/smMbwApruc
0517	Relax completely, like you're lifeless, and center your awareness around your heart area	https://youtu.be/dNdk_SmILDY
0518	Loving yourself. Making of own additional miscellaneous vows	https://youtu.be/27kY22LDVKI
0519	The benefits and purpose of Kalyanamitta Fund	https://youtu.be/x4Wd7Q9QG1A
0520	Application of Dharma in daily live via making it a living Dharma	https://youtu.be/_jacVs1-R68
0521	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)	https://youtu.be/IUQrVhMOR5A
0522	Knowledge bind (所知障). Fear, worry and anxiety are obstructions (烦恼障) to cultivation	https://youtu.be/FPkvGB4BJZA
0523	True virtue requires wisdom. Highest wealth is contentment	https://youtu.be/U9mirCBiaEA
0524	Surangama Sutra and the 4 stages of creation	https://youtu.be/VVRVZB405yc
0525	A condition-arising phenomena world of consciousness	https://youtu.be/KoLZMcg1274
0526	What is 6th, 7th and 8th consciousness? How it delude us?	https://youtu.be/TJMG-PhIdGE
0527	9 stages of cemetery decomposition. Nothing is permanent including your beauty, your youth	https://youtu.be/UsLL-FDtBQs
0528	Understanding Acceptance	https://youtu.be/SLseF3vp9Wo
0529	Meditation arises wisdom for right action via the Noble 8-Fold Path	https://youtu.be/upvU3o1HGww
0530	Any sense experience, whether pleasant or unpleasant, is a prelude to suffering or dukkha	https://youtu.be/bmuTx5e6cQ
0531	What is Vipassana? Is it a method or technique?	https://youtu.be/uXrnabbwWMA
0532	Without wisdom, you will not be able to accept the reality of separation	https://youtu.be/US4NakUoCGI
0533	Fire Sermon - everything is burning.....	https://youtu.be/8_bULo0kTPI
0534	Importance of knowing who you are and what you are	https://youtu.be/H_IFBNeelag
0535	All Meditation must be done with understanding	https://youtu.be/tWhwHsn9a3w
0536	When your awareness stabilizes you will become very different and after that you will know how to die	https://youtu.be/bJZB3RwI6uc
0537	Perception of form is consciousness, whereas its non-perception is wisdom	https://youtu.be/ISuNYa5mEZU



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0538	Gratitude will bring forth the understanding	https://youtu.be/SI1LBm1nQeI
0539	When you understand the Dharma (law of karma & law of mind) you will transform	https://youtu.be/NCC9VIMx_xA
0540	Aware at heart area so that you can be aware of life to develop wisdom and not knowledge	https://youtu.be/Fd3KfvN_yG4
0541	You may think you are aware but you are NOT!	https://youtu.be/dZAR8k8vyp4
0542	Anything perceivable by the mind is a phenomenon. Mental, physical and nature's phenomena.	https://youtu.be/_WJiYpuL5mM
0543	How to have a successful marriage?	https://youtu.be/MFIn5QcYb1A
0544	Develop inner awareness and stay at to the heart area to learn the Dharma	https://youtu.be/wreRSL_01fA
0545	Paticca Samuppada (Dependent Origination / 12 links) is multidimensional	https://youtu.be/SMDg2WeBc1Y
0546	Mindfulness - Mind in fullness (Full of awareness. Not Full of thoughts!)	https://youtu.be/56eCq59N1pk
0547	Awareness is the Silent and Choiceless Observation of What is - J. Krishnamurti	https://youtu.be/7fjNvm3B2tU
0548	The thought is reminding you to be aware. That is not genuine awareness	https://youtu.be/MQDcU8U5liQ
0549	Seeing things as they are without interference from thought or memory	https://youtu.be/Dtpwq7AAoYs
0550	Listening attentively without thought	https://youtu.be/ZEb-X3V_wxo
0551	The space between thoughts	https://youtu.be/v3jdMeYSqf4
0552	Training the heedless or mundane mind	https://youtu.be/Y301Vb_49uc
0553	The difference between heedful and heedless living	https://youtu.be/yPskWXltxos
0554	To have sincerity and acceptance are not easy. You need to have wisdom	https://youtu.be/45syuSQ5nuM
0555	5 Spiritual Faculties & 3 phases of Dhamma Cultivation	https://youtu.be/TQn3kBTpe08
0556	Importance of Sati to walk the Path of Dhamma	https://youtu.be/un_0YRHL5hs
0557	Why I can't silence my mind and thoughts keep arising	https://youtu.be/Ergjdkefshg
0558	The Avijja Sutta (Ignorant & Enlightenment Sequence)	https://youtu.be/B7jR0DQ8Ta8
0559	When you understand the difference between consciousness and awareness you will know how to meditate	https://youtu.be/LtVIF8pv2VA
0560	Right duty is the right dharma	https://youtu.be/lkkz407Q3hc
0561	Anyone who can understand this quote, their minds will transform very fast	https://youtu.be/_Np6at85HeQ
0562	Paeon of Joy (Udana Gatha)	https://youtu.be/HdK3VNsraoo
0563	Importance of mindfulness and the other spiritual faculties to develop understanding	https://youtu.be/IB0AJU4V7-M
0564	What is the difference between the awareness and consciousness?	https://youtu.be/TmYKZb_b_Rc
0565	You maybe conscious of life but may not be aware while living life	https://youtu.be/_aJddqqQP5U
0566	No thought is still a thought	https://youtu.be/J3iFnyQ56kw
0567	The difference between Mano, Citta and Vinnana	https://youtu.be/WJ-0twRucjA
0568	Your heedless mind need to be trained	https://youtu.be/_kgo6lXDUDw
0569	How to draw or tap spiritual energy from Great Being's nature?	https://youtu.be/IDNLCH1MKyY
0570	Develop Awareness-based Meditation to realize the sainthood way and the Bodhisattva way	https://youtu.be/uvm07-cY6FQ
0571	How to continue your cultivation after you return from the retreat to daily life	https://youtu.be/zTjmwWwaj8r8
0572	Cultivate Sati through bowing to develop insight and awakening	https://youtu.be/IXshYvPmQjU
0573	Important of having Kalyanamitta as stated in Avijja Sutta	https://youtu.be/T022o0wTwyQ
0574	The Most Comprehensive explanation of Avijja Sutta	https://youtu.be/hnt9-VHkehQ
0575	Thought cannot realise the Dhamma which is beyond thought & time. To awaken you need the silent mind	https://youtu.be/veyKusAlvhc
0576	Awareness nature is at the heart, not in the brain	https://youtu.be/F0fQpof8lZO
0577	Understanding Fear	https://youtu.be/9AGmEpTQVBE



Kalyanamittas

Last updated June 2024

No	Title with Mp3 (Audio) link	YouTube (Video) Link
0578	Understanding the Mindfulness of Dhamma	https://youtu.be/9AGmEpTQVBE
0579	3 wisdom hallmarks of the 6th Patriarch (Master Hui Neng)	https://youtu.be/vg1h6r2AXu4
0580	Sakkayaditthi- self delusion	https://youtu.be/QRR7xD90JzY
0581	How living beings come into the world & understand cultivation through trinity triangle to live life	https://youtu.be/ho1r1Q00amQ
0582	Understand the meaning of conditions arising	https://youtu.be/rj4SUI1mF1U
0583	Trace the origination factors of why the mind stirs?	https://youtu.be/j8PQzC-jxaM
0584	True mind is with you all the time.	https://youtu.be/Gv3Gpb8JZWk
0585	Why must we resolve issues amicably?	https://youtu.be/XFkzDaNeYSY
0586	Memory is not wisdom	https://youtu.be/ipoJwDjGRpU
0587	What is the mundane mind?	https://youtu.be/Vd-VM6n0XsM
0588	How to See Beyond Form and Beyond Mind	https://youtu.be/j9sbr14HezM
0589	Why is it not easy to recognise the true mind?	https://youtu.be/HGUaaGwYFU4
0590	Creation Process: How amazing that all dhamma comes from this self-nature /true nature	https://youtu.be/SKGqIxlLOYA
0591	4 stages of creation: Pure awareness nature does not fall back or return to the mundane mind	https://youtu.be/HrtZPbQHvO8
0592	The 4 circles creation enables both Sainthood and Bodhisattva Way cultivation to be understood	https://youtu.be/zsm904pqypc
0593	Emptiness, Sunyata & Anatta	https://youtu.be/W4J09W1F2Sk
0594	Without the Pure Awareness nature within, we can be easily deluded by our senses and thoughts	https://youtu.be/jJ-1ermAHXA
0595	Will true blessings bring you luck	https://youtu.be/bxRkfjoQlu0
0596	The Importance of Sincere Repentance and Asking for Forgiveness	https://youtu.be/8DPKt-ZOLYo
0597	Through life experiences, we can understand Dharma better	https://youtu.be/MGEWb9tK8eI
0598	Unless you have penetrated the Dharma, you will not understand life	https://youtu.be/XPwR4uBnD9w
0599	Happiness is within you; you hold the key to your own life's destiny	https://youtu.be/o8RgRNxkCck
0600	How to Listen Attentively	https://youtu.be/LKmmiND4ZS0