

## Outline short notes for Bro Teoh's Sunday class dated 8 September 2019

Audio : <https://broteoh.com/wp-content/uploads/1-The-Path-to-Truth-For-the-Modern-Day-Bodhisattva-Practitioner-190908.mp3>

Youtube : [Why most Samma SamBuddha choose to realise Buddhahood in the Human Realm?](https://youtu.be/JwDMTsGDqsI)  
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**Lesson 1: 'The Path to Truth for the Modern-day Bodhisattva Practitioner'** by Master Shih Cheng Yen.

1. Brother Teoh **introduced** and **explained** the **reason** and **significance** for using the above **new reference book**. It is **mainly** to develop the **understanding** of **how** the **various Buddhist traditions** with their unique **specialty of understanding** *had contributed to world peace* and **help transformed our world for the better**. To do this work, we need to **train more Bodhisattvas** with the proper **understanding** to do this work. These are **Modern-day Bodhisattvas** who live among fellow living beings and integrate with society to be a blessing to all.
2. **Blessings** that we received are **not due to** luck but mainly due to **our virtues** borne of **wisdom** because **without wisdom**, there is **no real virtue**.
3. Our Taiwan spiritual trip in 2014 led by Brother Teoh visited 4 great Buddhist traditions/organizations, **each with their own specialty of understanding**. Fo Guang Shan excels in **Buddhist education**, Tzu Chi emphasizes **compassion in action**, Fa Gu Shan focuses on **meditation** and Zhong Tai Chan Shi advocates **planting the seed of Bodhi to walk the Bodhisattva way**.
4. Each and every Bodhisattva is different and they have their own ways. Brother Teoh's mission this life is to share the **special unique Truth** that **his nature had understood** to help Bodhisattvas progress faster along the path of dharma.
5. We **need to aspire** to **have certain understanding** of some of the **important essential Dharma** whenever *we choose to come or have to come* to this world, if not we will *be wasting a lot of our time trying to develop such understanding* every time we come to this mundane world.
6. Whatever we had cultivated will be stored up in our spiritual and karmic Natures. The wisdom, merits and blessings that we have cultivated, can **help us in our cultivation** if **we know how to make use of them through invoking the power of merits and blessing for us to progress successfully along the path of dharma**.
7. Among all the different schools of Buddhism, the **common ground** is the **Four Noble Truths**, although the emphasis is different. All subsequent teachings originate from this Four Noble Truths.
8. There is a discussion on "Why all Samma SamBuddha choose to realize Buddhahood in the human realm?" (Please refer to the audio/video recording for the details).
9. A good and virtuous mind is enough to do wholesomeness. There is no need to insist on having money to do or perform wholesomeness. When we **radiate love** (metta), have **wholesome thoughts**, **cultivate** the **four right efforts**, **meditate**, **being mindful** and **heedful**, we can perform all the 10 meritorious deeds, including **rejoicing** and **providing service** etc. *to help*

*promote dharma activities and cultivation; these are wholesomeness that can be done without having to spend any money.*

10. Sharing by Kalynamittas who return from their recent 10-days retreat at Ajahn Anan's forest monastery (WMJ) in Rayong, Thailand:
  - a. **Brother Chin How** shared his experience of **how his nature let him understand the deep meaning** of **不求** (bu jiu) – **not seeking** and **无求** (wu jiu) – **no seeking**, leading to the *realization of peace* when the **mind is no longer seeking**. He also shared **how he understand conditions** to do wholesomeness (the feeding the fish experience). When there is **no craving or expectation** to do it, then something unexpected can just happen. When we have the dharma and the parami, things will **fall into place naturally** and if they are meant to be it will manifest beautifully.
  - b. **Sister Adeline** shared her experience on the **importance** of having this **constant reflection** and **contemplation** of dharma with a **stable daily mindfulness** to be **sensitive** to **enable her** to realize that **she was suffering** due to her **complaining mind** on the duties that yogis have to perform versus her wish to have more time to meditate. These are wrong thoughts as taught by Bro Teoh: **'whenever you are not peaceful and unhappy, the evil roots are there'**. She also shared her experience of how she was **able to develop deeper understanding of the cultivation** through *refinement or fine-tuning* of her cultivation while there.
  - c. Sister PG shared her experience of adjusting to meal times and having expectation while at the Guan Yin hall due to stories she heard previously. She also share how she was able to have very peaceful and good sleep (without thought) while there, despite being there for the first time. Normally she can't sleep well at new places.

(Please listen to the audio/video recording for details).

11. Brother Teoh explained that all **their above sharing** have a **common root cause**. That is, when you seek, that seeking is a form of craving. Actually, there is **no need to seek** (wanting things our way and feels frustrated when it does not turn out in our favour). If things are meant to be, they will happen according to our parami. **When we change the way we live life for the better** (following the dharma way **which is the righteous way**), our **karmic nature** will change for the better too to improve our life.
12. We need to be able to see clearly the **root cause of our sufferings** so that we can free ourselves and be at peace. Enquire deeply on: "Who is unhappy? Who is complaining?" It is the egoic mind with the self-delusion. When we **understand**, we **can just accord and flow with conditions** to be at **peace at all time**.
13. When we feel negativities, we have self-delusion. Wrong thoughts are thoughts that condition our greed, craving, anger, hatred, fear, worry and anxiety, etc. and these thoughts with the evil roots made us evil. This is how we can check our cultivation. We must have **mindfulness** and **understanding** when these wrong thoughts arise. We must also understand what constitute evil. Because of these negative wrong thoughts, the ego complains.
14. Signs of progress are, when we **don't react** and **complain anymore**. When we can have **more love, peace within, joy and happiness** through our own understanding of the dharma (the essential dharma) as taught by the Buddha. No more seeking.

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