**Outline of Bro Teoh’s Talk on 5/4/2018 (Thursday) held at** Sister Padmasuri’s house

The Main theme of this talk is “The **Four Noble Truths** (***Essence*** *of the Buddha’s teaching*)”.

1. During meditation reporting Mr Looi, a newcomer (Christina’s friend) shared that he had many thoughts arising during meditation. Brother Teoh guided him **to relax** and shared with him the following ***important meditation pointers***: -
	* Brother Teoh approached this topic via explaining to him how his *heedless thinking* or *wandering thoughts* arise due to **habitual tendencies** and **problems arising** while living the *daily life* ***without*** *mindfulness* and *understanding.*
	* Brother Teoh also share with him the **importance** of keeping the **5th precept** – via undertaking the training rule to refrain from ***taking alcohol*** and ***other intoxicants*** like drugs, liquor, etc. that *can make their consciousness dull,* *drunk* and *low thereby*  losing their ability to be *mindful and sober*.
	* The ***importance of staying*** “**Sober,**” as well as the ***need to*** **plan** to **improve** one’s life through ***understanding*** *the* ***Buddha Dharma***.
	* What happen to our mind when a problem arises?
	* The importance of being ***heedful*** to keep the mind *calm, aware* and *silent within* to ***understand*** and ***deal*** with life.
	* The importance of ***training the mind*** through meditation to be **heedful** to develop the wisdom to end all suffering.
2. The ***First (1st) Noble Truth*** of Dukkha – the *8 realities of life and existence*:
	* According to the Buddha, Dukkha here means *unsatisfactory conditions* or *sufferings.* Brother Teoh calls it the “Problems or suffering or ***realities of Life.***”
	* ***Prevalence of suffering***. Suffering is everywhere when one ***confronts*** them ***without proper understanding*** *of the* ***Buddha dharma***.
	* The ***8 realities of life*** *and* ***existence*** that relate to the “Problems of Life” are:

**Birth** is dukkha; **Aging** is dukkha; **Sickness and disease** is dukkha; **Death** is dukkha; ***Association with people that one does not like*** is dukkha; ***Separation from ones loved ones and prized possessions*** ***and things that one hold on dearly*** is dukkha; ***not getting what one desires or wants*** is dukkha; In ***short the 5 grasping aggregates of form and mind*** (or Uppadanakhanda) are dukkha as they are impermanent. How are these realities being handled in life by most people ***without*** the dharma and its consequences? Please refer to the diagram below:

*Problems of Life and Its Implication* when there is **no Dharma**

*Problems of Life* or “Sufferings” that arise from any of these **8 Realities** of life and existence

Wrong Thoughts lead to (or ***condition)*** Mental Sufferings

Lead to ***low Immunity*** – leads to

Disease & Physical Suffering

**Without** the Dharma or the **Right** **View**, one may *view or perceive* the *problems* ***negativity*** with *fear, worry, anxiety, envy and* *jealousy, anger, hatred, and self-delusion, etc.*

Lead to Sorrow, lamentation and grief leading to ***Negative Energy*** ***field and emotions***.

Leading to ***Depression*** & ***Insomnia***

1. To cease these *suffering*; one *needs to train one’s mind to be* ***calm, peaceful*** and ***aware*** so that there is ***clarity*** and ***calmness*** to develop *an* ***overall* right *understanding*** *leading to* ***well being*** through *positive* and *healthy energy* field. Through a ***clear and calm mind***, one may inquire via asking the following:
	* Why am ***I reacting in this way*** to arise the *fear, worries* and *anxiety etc.* (all these are wrong thoughts) to condition your ***own miseries and mental sufferings?***
	* Why can’t I see that ***no amount*** *of* ***such unnecessary****, fear, worries**and anxiety, hatred, envy and jealousy, sorrow and lamentation* is going to help me solve my so called problem?
	* If this is ***a reality of life*** or ‘**What IS!**’ then one ***must learn to accept it via wisdom*** and ***understanding***.
	* Then one must inquire ***what my options are?*** How ***can I resolve all these amicably*** via the ***Noble 8-Fold Path cultivation*** *as taught by the Buddha so that I can gain back my life* and *move on with my life?*
2. With this above ***Right View*** and dharma understanding one *can* ***plan one’s life*** well via further ***understanding of the following 3 phases of one’s life:***
* The 1st 25 years – ***grew up as a kid*** and goes through our ***education pursue***
* The 2nd 25 years – set out into the ***career field*** *to earn money & have a family*
* The 3rd 25 years – **retire** *to do what one likes to do* if one can have the means.

But *the* ***irony*** *of life* is: “When one is young, one has all the (time + energy), but usually not much money. In the Middle age most of us have (money + energy), but no time. At old age one has (time + money), but lack energy.” Brother Teoh elaborated on how he was able to ***overcome such irony*** via wisdom using real life example of his and his son’s life journey.

1. 2nd Noble Truth – the ***cause of suffering*** is ***craving* (or tanha**) borne of ***self-delusion***.
2. Bro Teoh shared how to have the ***4 types of happiness*** which are possible for **lay people** who cultivate **Right Living** following *Noble 8-Fold Path* :-
	* *Happiness of possession* after knowing that *one has earned them* ***righteously*** via right ***living.***
	* Able ***to use one’s possession*** for the **happiness of all** (you, your loved ones and others).
	* Happiness of being **Free of debts**.
	* Able **to live a blameless life** where the wise one will not blame them.
3. Meaning of **craving or *desire*** *as opposed to virtues* like **passionate** and **ambition**.
4. Not Sober – please don’t drive.

Sadhu sadhu sadhu

(Draft prepared by Sister Tan Keat Hoon)