

## Short Notes for Bro. Teoh's Thursday class Dharma sharing dated 4th January, 2018:

Audio mp3 : <http://broteoh.com/wp-content/uploads/Teoh-Thu-180104.mp3>

Whiteboard Note : <https://i2.wp.com/broteoh.com/wp-content/uploads/Teoh-Thu-180104.jpg>

1. Sister Yoon Chun's friends (a couple) from Canada **shared their experience** of having studied the Dharma for over twenty years thinking that they **have understood the Dharma – but after reading my transcript books they** finally **realized that they still** didn't really understand the **true** teaching;
2. They were happy that Bro. Teoh **was able to express** the dharma **so clearly** to them that their **faith** has been greatly **strengthened**;
3. Bro Teoh realized that **not only this couple, in fact many** so-called Buddhists also **lack** the **real** understanding **hence the reason** why the following very **useful topics** were discussed that night:
  - i) Why do **we seek religion** or the **teaching** of the Buddha?
  - ii) How can we **put the dharma** into **practice** to develop the cultivation?
4. What must we do **to qualify as true Buddhists** or to be a **worth disciple/devotee** of the Buddha? We must **at least heed his advice to avoid all evil; do good and purify our mind** hence the **religious label claiming to be a Buddhist** is not important at all.
5. **Benefits** of being a Buddhist – Dharma can help **transform** and **improve** our **life** for the **better**; arise **inner peace** and **clarity** leading to **wisdom**; can **allow us to live** the **noble life**; **take care** of our **karma** and to develop **more karmic wholesomeness**; to have a **better understanding of life**; to **enable us** to **confront** the **8 realities of Life and Existence** with understanding and **ease**.
6. The dharma is **very scientific** – **no need** to **believe anything** because it is based on **nature's law**;
7. Understanding the **importance** of cultivating the **3 phases of Dharma** – **Pariyati** (learning of the teaching), **Patipati** (putting the teaching into cultivation) and **Pativedha** (to live the Noble life via reaping the fruit of one's hard work);
8. Importance of **training** of mind to be mindful to develop the **silent mind** leading to **inner peace** and inner **clarity** '*to see things as they are*' and to **awaken** via **insight** into the **universal characteristics** of **impermanence, suffering-state** and non-self **to liberate the mind**;
9. Bro. Swee Aun's friend, Bro. Eric (a newcomer) – his reason for attending the class – **is** to be **happy**.
10. Bro Teoh asked **is there any other reasons** why **one** seeks religion?

Answers from kalyanamittas:

- to be **happy**;
- to have **peace** of mind;
- to **understand life** and **its meaning**;

- to help overcome **one's problems of Life**;
  - to **end all mental and physical suffering**;
  - to **seek Enlightenment** (wisdom).
11. The ***Realities of Life and Existence*** that can **cause suffering** are: relationship **failure**; financial, health **and** career **related problems**; Disease; Death; **separation** from our **loved ones** and **things that we hold on to dearly** like our **prized possessions, wealth, properties** etc. When our **expectations** in life are not met, when we **cannot get what we want**, when **things don't go** your way; **fear** of dying and fear of the unknown.
  12. The **essence** of the Buddha's teaching is the **4 Noble Truth** which is like the **secret of life** because it can **summarize** to us all of life (both the **mundane** and **supramundane**) into just this Four Noble Truth.
  13. Importance of meditating to investigate and find out `Who am I? What am I? And what is this human being all about?
  14. Importance of doing the 5 daily contemplations.
  15. Importance of understanding the right view with regards to Law of Karma.
  16. When things do not go our way – you always have **two choices** – I) react to it and project your **wrong thoughts** to arise the **suffering** and **misery** or ii) to follow the Noble 8-fold Path **to resolve issues amicably**.

(Note: Original draft was prepared by Puan Chee)