

Short notes to our Thursday class sharing dated 11th Jan. 2018:

Audio mp3 : <http://broteoh.com/wp-content/uploads/2018/01/Teoh-Thu-180111.mp3>

Whiteboard Note : <http://broteoh.com/wp-content/uploads/Teoh-Thu-180111.jpg>

1. Bro. Eric reported that during meditation, he realizes that **he thinks a lot** and **these thoughts** were **related to his work** and **many other personal things**.

2. Bro Teoh's explanation:

a) These **habitual heedless thinking** arises due to your **lack** of the **5 spiritual faculties** of Saddha, viriya, sati, Samadhi and panna and because of that the **opposite 5 mental hindrances** of sensual desire, ill-will, sloth and Torpor, restlessness of mind and doubt (that **hinder** your mind from **entering the meditative state of inner peace and inner awareness**) will arise. These **heedless thinking** arise because of your **fear, worries, anxiety** and **attachment** borne of **delusion**, making your **mind restless** and **heedless**. When you **cling** and **hold** on to your **accumulated phobias**, what **people had said about you** and your **fear** borne of your own **thought projection** and **wrong thoughts, suffering** will arise. Your daily **unsolved mental activities** or **thinking** can also give rise to **heedless thinking** caused by **attachment**.

b) Via **memories** we input our **contents of consciousness** according to our **views, opinions, belief system, traditions, conditioning, fear, scars of memories, phobias, insecurities**, etc which we **had accumulated** into our **memories via attachment borne of wrong view**. Hence **acting according to memory is not acting at all**. One should **instead act with wisdom** and **understanding** borne of *right views as taught by the Buddha under his Noble 8-Fold Path teaching*.

c) Memories are our **accumulation** of experiences – both good and bad. Via our **wrong mental perception** borne of **wrong view**, all of **our life experiences** (good or bad) are **stored** in the brain as **memory of attachment**. If we are **mindful and aware** (via the **silent mind**), we **can see and understand how thoughts arise and pass away** thereby **understanding clearly** that *'thoughts are indeed response to memories'* because **without memories** (like a new born baby) *there is no thought*. When the **content of consciousness** inputted into our thoughts has the **evil roots of Greed, Hatred and Delusion** then **wrong thoughts** (that condition your fear, worries, anxiety, restlessness of mind, panic attacks, sorrow, lamentation and misery etc. leading to **suffering**) will arise. This is **always the case** for **unenlightened** beings. That's how our **fears, scars of memory, phobias** and **insecurity** (borne of **attachment** to our mental **perceptions deposited** into our **memories**) can give rise to **heedless thinking** or **wrong thought** leading to **intense suffering** and **miseries**. Our 'good' memories can also lead to positive craving and attachment.

3. The Practical **living dharma** that **can relate to life** and **help free people's mind** are more **important** because **theoretical dharma** which are **not practical** are **of not much use**.

4. **Conventional truths** are **relative truths** which are **not real ultimate truth**.

5. The Buddha said if we attach to the **5 aggregates of Form and Mind**, thinking that they are real; *like our body belongs to us, our loved ones, prized possessions and property belong to us, our feeling, perception, mental states, thought processes and consciousness also belong to us then suffering arises.*
6. Without the **5 spiritual faculties**, the **opposite 5 mental hindrances** will arise.
7. **Without** mindfulness, we **cannot see all these** because our mind will be **lost in thoughts** and **preoccupied** with all those **habitual heedless** thinking thus clouding it.
8. ***Thought is response to memory.***
9. Due to our **conditioning** we cling on to all those **wrong views, opinions, belief system and attachment etc.** that mould us and make us become what we think we are.
10. At every moment of **wrong sense door perception**, we will **stir our mundane mind** that is **deluded** to attach and cling onto the **phenomena world** via positive or negative emotions of likes and dislikes.
11. If we are mindful and heedful, we will be **very sensitive** and we **can feel** and **sense** the **slightest movement, stirring and reaction of mind** arising from the **pure feeling** aggregate.
12. It is **important to train** the mind to be **aware within** the **moment to see things as they are** to **straighten our views** so that we **don't cling** via **delusion**. To do that, we must have the **wisdom** borne of **meditation** to understand the *three universal characteristics of nature*.
13. We need a **silent mind**, to be **aware within** (without the thought as 'meditator', 'thinker', 'analyser', etc. to **interfere** with the **direct seeing**). Otherwise the thought will try to control and suppress 'What IS' via **wanting things their way** borne of craving.
14. **Defilements come** from **delusion** but they are **not the real problem**. So **don't try to suppress or do away** with the **defilements** because they are there due to **your lack of wisdom** and *only wisdom free the mind, nothing* else can.
15. One **reacts** and **stirs** one's mind because of **wrong view** and **delusion**.
16. It is important to understand the **law of dependent origination** (12 links) to understand how we **function as** human beings.
17. The **cause of worry** is **fear**. **Without fear** one has no problem.
18. When **facing problems**, *one has* two **choices**: **1st choice** - most people react, panic, project their thoughts and **worry about the problems** hence mind becomes **restless** with these **proliferation** of thoughts. The **2nd choice** is - **don't** panic, react and project the thoughts (to arise all the fear and worries which does not help), then **act** with **wisdom** and **right views** via following **Noble 8-Fold Path**.
19. An **untrained** mind with the **5 mental hindrances** (especially **restlessness** and **doubt**) cannot **calm** down to enter the **meditative state** of inner peace and inner awareness.

20. Memory *should be used to store useful information* but human beings have **used it wrongly** to store their **psychological memories** of their **fear, phobias, scars of memories, insecurities etc.** thereby arising all the **wrong thoughts**. Whether it is right thought or wrong thought depends on the user of thought. If the **user is wise** then thoughts become **right thoughts**.

21. The Buddha under the **Sabbasava sutta** said, **if one give attention** to things that are **unfit for attention** one will *give rise to wrong thoughts* that will **cause the un-arisen three evil roots and defilements** to arise and the **arisen defilements** will proliferate. Right thought brings about love, compassion, kindness, gentleness, goodness, gratitude, respect, sincerity, generosity, etc and wisdom hence such thoughts like **contemplating** on the **3 turnings** of the Four Noble Truth are fit for attention.

22. Through cultivation, the mind **can become quiet** to enable us **to insight** into the three universal characteristics of nature.

23. One must inquire, 'how can thoughts which are **only consciousness** and **harmless** can have such **power over** the living beings to make them **so sorrowful, miserable** and **so full of fear**. If you **truly love yourself** then you **will not** use your **own thoughts** (as a tool) to **harm yourself** and **hurt yourself** or hit out at others. Just like the knife analogy – you must **use that knife** as a **tool** and **use it appropriately** to help you do things that **are useful** but **instead** if you **use it to harm yourself, hurt yourself** and **others** then that is **real delusion** and **foolishness**.

24. True action is **acting according to wisdom** via having **right views** with regards to the **universal laws** that **govern** life and existence. Then Dhammapada verses 1 and 2, 21, 22, 23 and 183 will become very clear.

25. Life is **very simple**. When we accept the reality of the moment which is 'What IS', there is no **reaction** or **stirring** of mind. There is **clarity** and **calm** to **act appropriately** then we can ask our self – what are **our options** and **how we can resolve** all these **amicably** following the **Noble 8fold path** and the **Law of karma** then we can use our **right view, right thought, right speeches** and **right actions** to act **appropriately** to *resolve all situations amicably without negativity*. We should always act with wisdom or right view. If need to **ask for forgiveness, repent** and *later invoke power of merits to improve our life*, do it because if one act with **right view** one will reap the good **karmic fruition**.

26. To **de-condition** the **heedless thinking** leading to the **silent mind**, we can use the **mind sweeping method** *combining with metta meditation* to do it then followed by **Anapanasati** to **stabilize** the silent mind.

27. When we are **mindful**, there is **not** thought. As we relax into every mind state that arises, the mind becomes **very quiet** and finally **very still**. With the **clarity of mind arising** from the **silent mind without thought**, we become **peaceful** and **fully aware**. Then **stabilize** the silent mind **to realize** the **true mind**, until the **mind enters sati** so that **daily mindfulness** can come about.

28. Once the **mind is trained**, we can become **ever mindful**. The **meditative mind** can understand **truth** and *this is what meditation* is all about. Then one will understand, **technically** there are **no right** and **no wrong** because these are **only relative** or **conventional truth**. People and the world are just the way they are because when conditions are like that, things will be like that – cannot be otherwise.

(Note: Draft short notes was prepared by Puan Chee)