

**Audio :** <https://broteoh.com/wp-content/uploads/2018/03/Teoh-Thu-180329.mp3>

**Whiteboard :** <https://i0.wp.com/broteoh.com/wp-content/uploads/2018/03/Teoh-Thu-180329.jpeg>

1. Bro Teoh explained to Bro Kok Hoon, a newcomer (Bro Kok Loon's friend) the following:
  - Typical dharma activities for our Thursday class session
  - Reasons for the devotional practices and Puja chanting
  - The Triple Gem (Buddha, Dharma and Sangha) and other related essential dharma
  - How to develop the meditation as taught by the Buddha
2. Bro Kok Loon's sharing after meditation regarding his wandering thought/mind
3. Bro Teoh's answer explaining the following important Dharma:
  - Development of the 5 spiritual faculties to overcome the 5 mental hindrances
  - Need to train the mundane mind
  - The untrained mind thinks a lot and it is like a devil's workshop
  - The trained mind is peaceful, calm, tranquil and silent within & it listens to you.
4. **Bro Eric's** rather **good personal sharing** on the following:
  - How he came out of his 14+ years of severe depression with suicidal tendencies
  - After attending and listening to Bro Teoh's Thursday classes dharma sharing he was able to stop and cease all his past lack of confidence, fears, worries and panic attacks etc. within a period of less than 2 months.
  - How his mental energy to study and understand things has also increased substantially. In the past he used to get tired very easily but now he can get up very early and stay on to do things until late at night without getting tired anymore.
  - Bro Eric finds this dharma **so amazing** because within such a short time, his character and personality have **changed for the better so dramatically**. His problems are all gone. He is **now so confident** and in his own words, he said **he felt he is completely free** for the first time after so long in depression.
5. Bro Teoh explained (via giving the reasons) how all these can happen via cultivating :
  - the Noble 8-fold Path
  - the 4 right efforts to purify the thought process
  - The understanding of the Buddha's teaching until mind is free from all entanglements and then there is peace, clarity, awareness and joy within our mind. Life becomes meaningful and beautiful.
6. Bro Teoh's personal sharing on:
  - How dharma helped him in his early days
  - His advice to Kalyanamittas to visit his (broteoh.com) website to access the dharma shared by him. Can also access all his transcript books, audio files, short notes and video etc.
  - now the audio files shared are very systematically done up with clear outlines
  - Bro Teoh emphasized on the Importance of taking care of karma via keeping precepts
  - Life changes with the arising of right thoughts, speeches and actions.
7. Bro Teoh shared how he has helped many other people with depression and life problems.

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