

Outline of Bro Teoh Talk dated 12/4/2018 (Thursday) at Bro Swee Aun's house (Keat Hoon)

Audio : <http://broteoh.com/wp-content/uploads/2018/04/Teoh-Thu-180412.mp3>

Whiteboard : <https://i0.wp.com/broteoh.com/wp-content/uploads/2018/04/Teoh-Thu-180412-e1523590496309.jpg>

- 1) Bro Eric's questions:
 - a. I can see my Ego. Is Ego good or bad? Isn't Ego useful?
 - b. Does having no ego mean we let others do what they like to us?
- 2) Sister Keat Hoon's questions:-
 - a. What is Karma?
 - b. What is past Parami?
 - c. What do we need to do to avoid the conditions for them to ripen?
- 3) Bro Teoh and Sister Mee Fong's sharing on
 - a. The stories of Devadatta and the story of how a man who think lustfully lost his gender.
 - b. The 5 types of weighty or heavy Karma
 - c. How to 'dilute' our karmic past via cultivating more wholesomeness.

1. The *Main theme* of this talk is "**Ego and Karma**"

- Brother Eric asked, "I can see my own 'Ego'. Is Ego good or bad? Isn't Ego useful?"
 - a) Brother Teoh explained that Ego needs to be understood. It is with understanding the Ego that the mind can be free. Just like thought or money – it is neither good or bad. It depends on the user. The *mundane mind* is the *Egoic mind*. The Ego is part of us until we have the *wisdom to root it out*. The *human being* is a *vehicle and a tool* for us **to come to this condition world** and we need to use it to cultivate the 3rd phases of dhamma of Pariyatti, Patipatti and Pativedha.
 - b) Bro Teoh explained how the Egoic mind causes Insecurities in our life.
 - c) Is security a myth? (Thinking that having security will bring about real peace). **Wanting Security** is a form of craving borne of ignorance e.g. job security, home security, etc. Not able to have it results in Insecurity leading to fear, worry, anxiety etc.
 - d) How can we realise job security via wisdom? - Via cultivating the attributes needed for the job?
 - e) What is Ego or the 'Atta'? If one thinks one has a Self or Personality and thinks that one exists, then one may develop **a desire** to own and possess things. This is Greed borne of self-delusion. That's how attachment and craving arise.
 - Bro Eric asked, Does having no Ego mean we let others do what they like to us?
- Nature's law?
- Law of Karma – Like Buddha said if you take care of mind, mind takes care of karma and karma takes care of your life then your life will be naturally secured.
- If you do anything that is against the nature's law, Karma will hit back then suffering will arise.
- Sister Keat Hoon asked on the definition of Karma and Parami
 - a) What is life? To understand life, we need to understand time.
 - b) Life is equated to existence. Existence is time related.
 - c) Whole spectrum of Time is defined as Past, Present and Future.
 - d) To *understand life* one needs to *understand time*. The *Past already gone*, *Future yet to come* therefore the **only reality** is the *present moment*. The *moment is what one can do to make a difference to one's life*. Through *wisdom* one can arise the condition to avoid the conditions for *negativity of karma* to arise within every moment of life.

- e) What is Past Parami? What does one need to do to take of Karma?
 - f) Karma is moral causation. It involves mental intentions (cetana). The Buddha said, 'It is cetana that I called Karma'. Karma is a thought process. You reap what you sow.
 - g) Moral means you decide through mental intentions whether wholesome or unwholesome.
 - h) What is truth? - The Universal Law.
 - i) Is there karmic when the thought arise?
- Stories by Mee Fong on the importance of the correct mental intentions. Stories on Devadatta.
 - a) Moving forward, cultivate good virtues so that one creates good conditions to avoid karmic repercussions. Example given was just as a "lump of salt in a cup of water may be very salty but if one keeps adding water the salt will be diluted and may no longer be salty anymore. Similarly, our karmic past would be diluted through good deeds.
 - b) Different types of Karma – if not ripen in this life it will not ripen. No conditions for it to ripen
 - c) Buddha – 17 thought moments – Tues class will start on this.
 - d) You are born of your karma, heir to your karma, conditioned and supported by your karma and you are what you are because of your karma. So take care of karma?
 - e) How do you take care of karma? Follow the advice of Buddha: Avoid all evil, do good and purify the mind"
 - f) Karma is a law by itself. Karma is the law of moral causation. It is action and reaction in the ethical realm.
 - g) The 5 kinds of Weighty Kamma are: Matricide, Patricide, Killing of an Arahant, wounding of a Buddha and creating Schism in the Sangha

