

## 1 May 2018 Tues Class - Outline notes

Audio mp3 : <http://broteoh.com/wp-content/uploads/Teoh-Tue-180501.mp3>

Whiteboard : <http://broteoh.com/wp-content/uploads//Teoh-Tue-180501.jpg>

- Introduction for newcomers.
- Benefits of performing **devotional practice** or **Puja**.

Bro Teoh's sharing from the Book - "*The Buddha and His Teachings*" (Chapter 16, Page 298):

### Characteristics of Dhamma

- **Sandiṭṭhiko** – this dhamma can be realised in the here and the now (no need to wait till death);
- **Akālika** – this dhamma is Beyond thought, beyond time (timeless);
- **Ehipassiko** - this dhamma can stand up to investigation (inviting investigation);
- **Opanayiko** – this dhamma leads *inward into the heart leading to the realisation of Nibbana*;
- **Paccattaṃ veditabbo viññūhi ti** – This dhamma can be *realised or understood by the wise each for themselves*.

### 3 Universal Characteristics of life

- **ANATTA** - within the conditional world, everything is dependent originating; **only mighty nature rolling by** hence empty (**emptiness**) - *no 'permanent-unchanging-entity'* for one to cling and hold onto.
- **ANICCA** - **impermanent nature of all condition arising entities** (only arise when supporting conditions are there, when supporting conditions are no longer there, they cease to be).
- **DUKKHA** - craving/clinging and grasping to **impermanent entities** of the **phenomena world of consciousness** via wanting things "your way" which is against nature's way. This **implies not able to get what one desires (through one's habitual tendencies borne of self-delusion)**, brings about suffering. And **mind made are they** because upon contact the **senses** can give rise to **sense door consciousness** within our form and mind.

Final summary of the 1<sup>st</sup> Noble truth: When you deludedly grasp onto the 5 aggregates of form and mind as "I" / "Me" and "Mine", you will be afflicted and suffering will arise.

- Bro Teoh made reference to the 4 signs (of an old man, a sick man, a dead man, and a Samana) from the life of the Buddha and the 5 daily contemplations as taught by the Buddha to expanse on its understanding.

### 1st aspect of the 5 aggregates of form and mind (as a human being)

- **FORM** - physical form.
- **MIND** – its 4 aggregates of feeling, perception, content of consciousness (sankhara) and consciousness.

### 2nd aspect of the 5 aggregates of form and mind (as a mental 5 aggregates)

- **FORM** - external form brought into the mind (mental form) via the perception aggregate.
- **MIND** – feeling, perception, content of consciousness (sankhara) and consciousness.

This so-called living being (5 aggregates of Form and Mind – 1<sup>st</sup> aspect) is just **a karmically conditioned 'vehicle and tool'** for us to come to this **existential world to develop the cultivation and experience all of the pristine beauty and wonders of life**. So, **use it with wisdom to arise the appropriate right thoughts, right speeches and right actions to be a blessing to all and not to be deluded by it**.

**5 DAILY CONTEMPLATIONS:** Old age, Sickness/Disease, Death, Separation from loved ones and prized possessions; we are all born of our karma, heir to our karma, conditioned and supported by our karma and we are what we are because of our Karma.

**4 NOBLE TRUTHS:** Essence of Dhamma - When you understand the Dhamma, you understand the secret of life...

- **[MUNDANE ASPECT - 1st and 2<sup>nd</sup> Noble Truths]**

1<sup>st</sup> Noble Truth - THE REALITIES OF LIFE AND EXISTENCE (the 8 realities)

2<sup>th</sup> Noble Truth – cause of suffering which is **Craving** borne of self-delusion

- **[SUPRA MUNDANE ASPECT - 3<sup>rd</sup> Noble Truth]**

3<sup>th</sup> Noble Truth – **Nibbana or ENLIGHTENMENT** in the here and the now can be realised (is possible).

- **[MUNDANE CULTIVATION leading to the SUPRA MUNDANE Realisation - 4<sup>th</sup> Noble Truth]**

4<sup>th</sup> Noble Truth - CULTIVATING THE NOBLE 8 FOLD PATH leading to the end of all suffering/Enlightenment.

If there isn't the ***unconditioned***, then ***freedom from the conditioned world*** will be **impossible**.

- Cessation of form and mind leading to the realisation of Nibbana liberates completely.

**(Note:** Above outline short notes are prepared by Teoh Soo Yee)