

Outline Notes for Bro Teoh's 17TH May 2018 Thursday class talk

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Thu-180517.mp3>

Whiteboard : <http://broteoh.com/wp-content/uploads/Teoh-Thu-180517.jpeg>

1. Pre Class

(a) Sister Tammy **seek advice** on how to develop **continuous mindfulness** in the midst of her **busy working life**

- To reduce the use of memory Bro Teoh suggest *writing down* the things *that need to be done* on a note book.
- Later, *to simplify and standardize work processes* so that *one has more free time* to **integrate** meditation into the *working life*.
- Have a good daily **religious routine**. After waking up pay respect to triple gem, do a short puja followed by a short sitting. Also to develop *continuous meditation practises before, during and after work*. Including during *lunch break* and **before one's sleep**.
- The most important right view is to **understand** that *all conditioned phenomena* are *impermanent and sankhara* will arise when the mind stir or react to sense experiences and it will **slowly settle down** if one **do not feed** it with **more thinking or thought energy**. For they are **dependent originating** and **condition arising** phenomena so just relax and allow the mind to settle down to **realise the still and silent** mind.
- **Use mindfulness to develop wisdom** then *wisdom to manifest virtue, resolve problem with right view, right speech and right action*. Then, right practise will naturally follows.
- Put all dhamma to test, for **if it is the truth it will stand up to investigation**.

(b) Dawn of a New Nation after GE 14 – new hope and a new beginning (9th May 2018)

- **History in the making:** i) never before had a **93 year old ex PM (Tun Mahathir)** successfully lead a credible **opposition front** to **oust** the rather **strong incumbent government of 61 years** to form a new government; ii) Return of the **glory years** of Malaysia after all the years of **notoriety**; iii) The change of government was done **peacefully without** any bloodshed; iv) This GE14 was the '**mother of all election**' with a lot of **great dramas** that can be **more intriguing** than most Hollywood shows.
- You reap what you sow; so it is **never worthwhile** to violate the nature's law of karma.
- **Never harm or cheat** and **deceive others** for they will give rise to negative karmic following:
Dhp. Verse 119: *Even an evil person may still find happiness so long as his evil deed does not bear fruit; but when his evil deed does bear fruit he will meet with evil consequences; and*
Dhp. Verse 120: *Even a good person may still meet with suffering so long as his good deed does not bear fruit: but when it does bear fruit he will enjoy the benefits of his good deed.*
- When conditions are there, changes will happen.
- **No matter how tempting, never succumb to evil** that will cause the citizen to suffer. Work towards the well-being of all.

2 Guided meditation by Bro Teoh

- One may proceed with the mind sweeping method combined with metta to **decondition** the heedless thinking.
- **Relax body and mind, silent everything and meditate** - sankhara will settle down; just stay with the **silent mind**, (the nature or true mind) and no need to know or do anything.
- **Mundane mind** via delusion creates mental activities and stirs the mind, learn to use it with wisdom for the good of the many. The user of thought is most important.
- Without wisdom the 5 aggregates of form and mind becomes the grasping aggregates - leads to dukkha.
- Sabbe sankhara annica, sabbe sankhara dukkha, sabbe dhamma anatta.

3 GE14 and Karma

- Dhamma is everywhere - within life itself. Important to understand *who you are* and *what you are* so that one *understand who is living one's life*. It is **thought** through **delusion** that is living one's life for most people.

- Dhamma is not about sitting in meditation alone, it is about understanding the essence of the Buddha's teaching to understand both the mundane and the supra mundane aspects of life. Not to be deluded by the phenomena world, the condition arising world.
- The world consciousness is built from the summation of all the individual consciousness; if the summation is with wisdom and love, then society will be **peaceful** and **beautiful**.
- Tun Mahathir is a great being with very **strong 4 bases of success** (as taught by the Buddha) namely: i) **Chanda** which is *Passion*, ii) **Viriya** (Zeal), iii) **Citta (will power)** and iv) **Vimansa (Analytical or investigative skills)**. He is **a far sighted leader, a great visionary, a great strategist** who believes in the rule of law. He is **very focus** on *how to move Malaysia forward*. He **does not succumb to money politics**. With the right structure in place, he believes there will be checks and balances then corruption, abuse of power and money laundering, etc. will be much reduce.
- Be righteous, never be tempted by evil, and do not be gullible no matter how attractive the offer is.
- The **Malaysian identity has come about** when we witness *Malaysian of all races working together* to deliver *the votes from within and oversea to oust the rather corrupt, uncaring and arrogant government* of the day and also with the *new finance minister (LGE)* addressing himself **as Malaysian first** rather than by race.
- Anwar speech after he was released was very good: He felt good and free because no more threat and fear like before. He also believes in the wisdom of the 'people' - if he could prove himself to be truly **sincere** in bringing about **true reforms** to our nation **to move forward** for the better then the people will know how to choose.
- Malaysian would like to see a **clean, sincere, capable** and **honest government**. No more corruption, abuse of power and no more traitor to sell away our country's sovereignty.
- Able to witness **true democracy** leading to a 2 party systems when the change of government was successfully accomplished via a peaceful transfer without any bloodshed.
- Support new technology so that it will assist us to bring about better checks and balances, reduce fraud and build a more harmonious society.
- Combining the **4 bases of success** (which are **mundane** in nature) with the **5 spiritual** faculties, leading to the **37 factors of enlightenment** to **realise** the **noble teaching** of the **Buddha**.
- Tun Mahathir reads very widely and he likes to analyse how great leaders rise and fall and how the various types of world governments performs.

4 Bases of success (mundane)	Equivalent spiritual faculties
Chanda (passion)	Saddha (Faith)
Viriya (Zeal)	Viriya (Spiritual Zeal)
Citta (Will Power)	Sati (Mindfulness)
Vimansa (Analysis)	Dhamma vicaya (Investigation of the dhamma)