

3rd July 2018 Tuesday Class Outline short notes

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Tue-180703.mp3>

A. Reading and sharing of the below **daily quotes from J. Krishnamurti** :

1. "**Extraordinary Seeing**"
 - **direct seeing**; alertness, attentiveness; just aware; seeing things as they are leading to direct knowledge and vision of the reality (Nanadassana).
 - an **insight** to be **realised**; coming upon it **unknowingly**, there is **no effort, no seeking** and **no experience** involved;
 - **innate** to the **free mind** which is **still**, e.g. the beating of our hearts (there is no active doing or 'will' behind its arising)
 - "**without seeking**" is the **only way** to find it.
 - this 'extraordinary seeing' is **not something** that can be **practiced**.
 - the mind is **highly sharpened, highly awake, no longer dependent upon any experience to keep itself awake**.
2. "**The Active Still Mind**"
 - the **mind can only be silent** when it **has understood the process of (psychological) time** and **that** requires watchfulness/mindfulness/awareness
 - the really **still** mind that is **astonishingly active, alive, potent in understanding phenomena** and **their flow**; capable of "**Extraordinary Seeing**"
 - such a mind is **verbally free**; free from **experience** and **knowledge**; **understands the fact, as it is, without translating, without condemning** and **without judging**; and **being free** such a mind is an **innocent mind**.
 - It is **only such a mind** that **can perceive that which is true**, which is **beyond time**.
3. Bro Teoh advised the class to **attentively** read through the outline Short notes dated 21st June 2018 (Thursday class) **to develop** the **clear understanding** of the **rather beautiful dhamma shared**.

B. Discussion proper led by Sister PG from the Reference book: The Buddha and His Teachings - Kamma (Chapter 18, Page 340)

4. Nature's law has its own selection
 - Kammic energy is needed for the production of the foetus
 - We (2 aspects of form and mind) are the heirs of our own kamma
 - Accumulated Kammic tendencies inherited, over the course of previous lives, could influence our physical features and mental characteristics, it could also nullify the potentiality of the parental cells and genes
 - The law of Kamma, important as it is, is only 1 of the 24 causal conditions (paccaya) as described in the Abhidhamma pitaka.
 - The law of kamma is very intricate and requires great wisdom borne of awareness from a silent mind to understand.
 - The enlightened pure mind is free, i.e. **not afflicted** due to **non-grasping** to the form and (mundane) mind (borne of wisdom).

5. Sister Chwee's questions on karma regarding Sakyamuni Buddha's last meal, and about the other 23 causal conditions were discussed.
6. Bro Teoh's sharing on the ***understanding*** and ***workings*** of our mother Earth's "planetary consciousness"
 - summation of all the beings' consciousness on Earth give rise to the planetary consciousness.
 - to change the world, the individual must change; i.e. begin with ourselves.

(Outline prepared by Sis Soo Yee)