

## Brother Teoh's 21<sup>st</sup> August 2018 Tuesday Class outline Short Notes

Audio : <http://broteoh.com/wp-content/uploads/2018/08/Teoh-Tue-180821.mp3>

Whiteboard : <https://i0.wp.com/broteoh.com/wp-content/uploads/2018/08/Teoh-Tue-180821.jpg>

1. Bro. Song's recent spiritual trip sharing on his special encounter while visiting the **temple at Shui Mu Shan**. Brother Teoh rejoice with his **good new understanding now**. That is after understanding that **whatever** happened in meditation (no matter how wonderful and beautiful or unique those experiences may be) they are just **conditioned states** of mind and *if it does not brings about wisdom and understanding or awakening* then it is of **not much use**. So don't cling otherwise 'mana' or minor conceit will arise.
2. Bro. Teoh summarised what Kalyanamittas **were able to learn** from their *recent spiritual trip* to China:
  - a. How to *break free from the 2<sup>nd</sup> fetter (attachment to rites and rituals)* that *binds living beings to samsara*.
  - b. How to break free of the **9<sup>th</sup> fetter** (minor conceit or mana) that binds beings to samsara.
  - c. How the **7 factors of enlightenment** is to be *developed and cultivated* via following the following sequence of cultivation:
    - Sati > Dhamma Vicaya > Viriya > Piti > Passadhi > Samadhi > Upekkha. That is with a stable **daily Mindfulness** (sati) **established** leading to > **Dhamma Investigation**. When the dhamma stands up to investigation > faith and Spiritual Zeal (viriyā) arise leading to > Spiritual Joy (piti) > **Stillness and tranquillity** of mind (passadhi) leading to > **Collected & unwavering mind** (Samadhi) leading to > **wisdom** (borne of the direct seeing) thereby arising the last factor of enlightenment of Equanimity of mental formations borne of **wisdom**.
3. There are **2 types of mind**:
  - a. **Mundane or Thinking mind** is impermanent because it is *dependent originating and condition arising*. It is **basically thoughts** triggered by **Ignorance or Avijja**. They are thoughts that containing the **3 evil roots** of Greed, Hatred and Delusion and the **5 mental hindrances** and they arise following the *law of dependent origination or the 12 links* as shown below:
    - Avijja paccaya-> Sankhara -> Vinnanam -> Name Rupa -> Salayatana -> Phassa -> Vedana -> Tanha -> Upadana -> Bhava -> Jati -> Jaramarana ..... [That is dependent on **Ignorance** arises -> **Mental Activities** -> **mental Consciousness** -> **5 mental aggregates** of Form and Mind -> **6 Sense Bases** -> **Contact** -> **Feeling** -> **Craving** -> **Grasping** -> **Becoming** -> **Birth** -> **whole mass of suffering**.]
  - b. **True mind** is the **Silent mind**, the **Meditative mind** that is **just aware** and **without thought**. When the *mundane mind does not arise* (or *when the thinking mind slows down and cease*) the True mind (which is always there) will surface. Within the true mind there is **only peace, clarity, awareness, stillness** and **tranquillity or Passadhi** which is the **5<sup>th</sup> enlightenment factor**. When Passadhi is stabilised it leads to > **Samadhi**.
  - c. **The True mind** in **passadhi** and **Samadhi** can lead to Direct seeing and awakening > giving rise to the initial wisdom needed for the **upekkha enlightenment factors** to arise.
4. Sis. Alicia's shared her progress on cultivation of awareness and mindfulness. Her initial wisdom came mainly from the **2<sup>nd</sup> turning** of the Four Noble Truths which she developed **via constant contemplation, reflection** and **inquiry** on the **essential dhamma as taught by the Buddha**. Brother Teoh advise her to continue to develop the **daily mindfulness** until it is **very stable** to realise the **3<sup>rd</sup> turning wisdom** which is **more stable**.
5. Bro. Teoh emphasises the importance of cultivating Kayanupassana daily mindfulness until it is very stable **before moving** on to Vedananupassana and Cittanupassana, otherwise it is just **thought based meditation** i.e. thought trying to watch another thought.

The sentence on “**After overcoming** *covetousness and grief..*” – as stated in the Satipatthana sutta clearly indicate to us the **prerequisite** of cultivating the **initial wisdom** borne of Kayanupassama (of the 4 foundations of mindfulness) to *overcome covetousness and grief* in this world **before going into** vedananuppassana, cittanupassana and dhammanupassana.

6. The 6 categories of Kayanupassana practices are as follows:
  - a. Mindfulness of the in and out breath (Anapanasati) – to establish **mindfulness or sati** (1<sup>st</sup> factor of enlightenment);
  - b. Mindfulness of 4 postures – to establish daily mindfulness on the 4 postures first;
  - c. Clear comprehension and mindfulness of all actions and movements in the present moment – to establish a very stable daily mindfulness leading to the initial wisdom;
  - d. Mindfulness of the 4 elements – to overcome form delusion;
  - e. Mindfulness of the 32 parts of the human body – to overcome sakkayaditthi (self-delusion);
  - f. Mindfulness of the 9 stages of cemetery decomposition – to overcome lust for pretty form via understanding that when the form is devoid of consciousness it goes the way of nature.

(Above outline short notes draft was prepared by Sis. Soo Yee)