

## Brother Teoh's 28th September 2018 Thursday Talk outline Short Notes

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Transcript : <https://broteoh.com/wp-content/uploads/Understanding-The-Heart-and-The-Mind-edited-TKKversion-2-FINALFORMATTED-v4.pdf>

1. **What is Heart and what is Mind?** According to brother Teoh this is a **very difficult topic** and very **few people** can *truly comprehend*. In Mandarin, the same word 心 (**xin**) is being used for **both** (the *Heart and the Mind*). Mahayana tradition teaches **two types of minds** – the *Mundane (or Thinking) mind* and the *True mind*.
2. **Sincerity** is related to the **conscience** (no evil roots or cunningness). The **Heart** as an **organ** is **special** as it is related to the **conscience**. Reason why **true cultivator** always said, '*follow your heart and not your deluded thoughts (mundane mind)*.' The *heart* is where the **seat of consciousness** resides. The **karmic force** triggers off the **life force** and cause the **heart to beat** giving rise to the **pulse of life** that *pumps our blood to nourish our entire body*. The **brain** is where the **memories** are and *as thoughts (mundane mind) are response to memories* hence the *mundane or thinking mind is closely related to the brain*. The consciousness since birth is **trapped** within this *physical body* that has the 5 *physical sense bases* and the brain. Upon **contact** of mind with the **sense bases, sense door consciousness** (*like seeing consciousness, hearing consciousness and thought consciousness, etc.*) can manifest. You need to understand all these to **penetrate** the **Mind** and the **Heart** and to understand who you are?
3. **Life force** or **karmic force** comes from our **karmic nature**. When **destructive karma** hits, *heart beat* stops. Form and mind **separates** because **brain dead** and *we call this death*. The **life force energy** can be used to *pump the heart, to make us conscious, to sustain life* and give rise to *consciousness, thoughts and emotions*. It can also be use to **access the gateway** to one's nature to bring about the **internal transformation** (of consciousness) via **trusting our nature to meditate** without the **interference** of thought.
4. The 3 things that sustain human life are: - **consciousness**, the **physical body** and the **life force**. A **functioning physical body** is needed to sustain life. But when some **vital bodily organs** are damaged, then **consciousness** can't stay on. *Body and consciousness need to harmonize* just like the *analogy of the car and the driver*. If car is not in proper condition the driver also can't drive it. Just like candle light's analogy - it can only lights up with these 3 important conditions sustaining it: Wax (equivalent to the physical body), wick and the candlelight.
5. One needs **wisdom** to be able to live life well. To understand oneself one needs to understand the *consciousness, the physical body and the life force*.
6. **Mind** is linked to the **brain** because **brain is memory** and **thoughts are response to memory**. **Thought consciousness** comes about when **mind consciousness** makes **contacts** with the brain. **Before** one develops the **wisdom** via meditation, this (the brain) is **hell** because one will **acts according to memory** (*which are the accumulations of all our good and bad experiences, views and opinions, belief systems, and delusion, etc.*), which is **Not acting** at all. Most of the time, the accumulated experiences are your **negative psychological** memories (i.e. *you scars of memories, fears, worries, anxiety, phobias, sorrow and lamentation and insecurities, etc.* Human beings **want** to be **secure and safe** in life (the wanting is a craving) which is all part of their delusion. Nowadays, the world seems to be less safe, human beings seek safety/security hence their **insecurity** is the **root cause** of their own fear, worry and anxiety. One should instead **act according to wisdom** following **Noble 8-Fold Path**.
7. According to the Buddha, the **highest security** or **only safe refuge** is **taking refuge in the Triple Gem**. The Buddha is *perfect in virtue and wisdom*, thus he has the dharma. The Dharma is his teaching. The Sangha are his **enlightened disciples** and thus *have the dharma as well*. With the Dharma, one knows how to cultivate following the *advice of the Buddha to avoid all evil, do good and purify the mind*. One must thus takes care of karma and develops wisdom. Hence the **highest security** is **virtue** and **virtue** is your **highest protection**. If you want to have the good and happy life, **do not break** the precepts for *do Good begets good and do evil begets evil*. **Without fear**, your mind states are

*peaceful, calm and secure.* There are **no worries or insecurities** as you have **faith in your own nature** (both karmic and spiritual).

8. **Virtue is the highest and best protection.** If you take care of karma, karma will take care of your life. There is nothing to fear. Whatever that happens, there are causes and conditions behind, hence what happens is the **reality of the moment – cannot** be otherwise. When you *act according to memory* (which are your **accumulation of wrong views, traditions, belief systems, conditionings and the 3 evil roots**), you are in fact acting according to your *fears, worries, anxieties, insecurity, selfishness, etc.* Instead, you **should act according to wisdom and understanding.** *With right view, you can act following Noble 8-Fold Path which is the path that leads to the end of all suffering.*

9. **Law of karma** – ‘*We are borne of our karma, heir to our karma, conditioned and supported by our karma and we are what we are because of our karma*’. So whatever that arise there are causes and conditions linked to karma behind. Therefore **Act with wisdom** via **not blaming others or yourself** and **not getting angry or fearful** as one knows it is all *karma related*. No point being miserable over what happened. **Accept the reality of the moment**, as *most likely you have done these to others in the past*, and **now with conditions**, you *have to go through it*. Thus you are at *peace*, have *clarity of mind* to *understand what has happened* then you *can act to resolve things amicably* the dharma way and *move on*.

10. To resolve something **amicably** we need to *apply the Noble Eightfold path*; right view leading to the arising of right thought, right speech, right action, etc. following advice of the Buddha to avoid all evil, do good and purify the mind. Develop **wisdom** through **comprehending** the *law of dependant origination (12 links)* to **understand** how you *function as a human being, how this mind functions*. And the other **essential dharma or teaching** of the Buddha (*4 noble truth, its 3 turnings, other related essential dharma that spin off from there*). **You will know** how to **act because** you will know **what dukkha is?** The *cause of its suffering*, knowing that **suffering need not be** because *cessation of suffering which is realizing the enlightened state of Nibbana in the here and the now is possible*; and the *path to realize it is through cultivating the Noble 8-Fold path*.

11. There are 2 types of mind, *mundane mind and true mind*:

- **True mind** = *silent or meditative mind* (your nature).
- **Mundane mind** = *thinking mind, condition arising/dependant originating mind, monkey mind which is heedless*.

12. **Meditation** is to **get one to realize one’s true mind**. Master Hui Neng’s teaching is to *bring one directly to the true mind*. When you *silent your mind*, your **true mind** in *pure awareness* will be able to see how the *mundane mind functions and operates and insight into phenomena to realize the 3 universal characteristics of nature*.

13. Due to **ignorance (avijja)**, thinking (or *sankhara activity*) starts causing the **mundane mind** to arise. To cease *avijja*, one needs the dharma, the **right view** or **wisdom** to **straighten** one’s **views**. **Without self-delusion** (*sakkayaditthi*), one *will understand that the form and mind is impermanent, dependant originating* hence **not you**. Then the **3 evil roots** of greed, hatred, and delusion cannot arise.

14. These evil roots arise due to *one’s self-delusion - believing that this form and mind is you and real (or exist) causing the “I”, the Ego or Personality to arise*. With the **deluded Ego wanting** to own, possess and control things, grasping and clinging arise, giving rise to this *evil root of Greed* (selfishness and greediness). As you think you exist, you can also become *emotional, angry, jealous (evil root of Hatred) and insecure and fearful (evil root of Delusion)*.

15. When you can see that *they are all condition arising, dependant originating and causal phenomena that arise when the supporting conditions are there* then you will *awaken to or insight into the 3 universal characteristics of impermanence, suffering and non-self (anatta) which are inherent in all things within the conditioned world*. Then you will **understand clearly** why this body and mind is **not you**, but merely a **karmically conditioned vehicle and tool** for you to come to this **existential world** of ours.

16. Thus, contemplate daily that this body of ours is of the nature to grow old, get sick, and die. No amount of sorrow and lamentation can bring about the dead. *Nothing actually dies. Hey no you, hey no me. No mark of a self cultivating,*

*no mark of others and no mark of even dharma, existence and life.* This penetrative understanding from the **Diamond Sutra and Heart Sutra** will **bring forth the wisdom needed to live life beautifully within this existential world.** When you understand all these, you become very different.

17. **Human beings** tend to **follow** their **thought (mundane mind)** instead of their **heart (conscience)**. Thought is neither good nor bad. It **depends on the user of thought**. Thus **one must know how to use it**. With dharma, thoughts become **right thoughts** which *are rather beautiful*. **Without** wisdom, these thoughts come from memories which are filled with fear, greed and delusion hence no conscience, sincerity nor virtue. On the other hand, with conscience, sincerity and virtue, one cannot harm others. But for human beings **without** wisdom, the cunning, deluded mundane mind takes over, not knowing *there is a true mind*. But when you understand all these, your mind is beautiful.

18. **How can the heart, an organ have a conscience?** The **life force** pumps the heart, that's how your heart area receives the **karmic or life force**. **The final link is: for one to come to this existential world, one needs a form and mind (vehicle and tool) to come.** The **Karmic force** and **mind** that **comes due to karma** resides within the heart. The **gateway to your true nature** is also *within your heart area*. That's the reason why when you are in your **natural state of silence (without thought)** your **true nature or conscience** around **your heart area is sensitive and can truly feel with pure awareness**. But very fast your **mundane mind** takes over and causes you to doubt. *When one meditates with understanding, one will come into contact with one's true mind. Then when you continue to relax into all mind states and silent everything, your nature will be able to detect the gateway and 'melt' or flow soothingly into it.* The **true mind** is also your **conscience**, no evil, no ego, thus anatta. This true or silent mind (which is connected to the form and mind) can meditate and cause one to **insight** into or **awaken** to truth, reality and all nature's law. This wisdom which is then **connected** to this form and mind can *cause the form and mind to be enlightened*. But this - your this **life's segmented form and mind** of your nature is **not you** because it is anatta.

19. Every living being has this **true mind** i.e. the **conscience** (inborn) which won't do any evil. However, most human beings **don't understand what that is** and they *tend to overwrite it via their thoughts (mundane mind)*. The heart is the conscience. The gateway is inside the heart. Hence the famous quote: "follow your heart". For example, when one goes looking for property, your nature knows - if you feel comfortable and good with the place, before any thought comes to delude you then you can buy the property. Only when you feel good, you buy. With Dharma cultivated, everyday is an auspicious day. Without the dharma, an auspicious day could also turn into an inauspicious day. Your **heart or conscience** comes from your **nature's understanding and wisdom**. For those unenlightened, they can hardly perceive their conscience. Even if it arises it can only guide them for awhile before their thought (mundane mind) comes in and takes over.

20. Brother Teoh was able to explain all these are because **his nature** understands and *all these sharing from him are not from any book or other source*. **Today's sharing** is a **true gem**, covering the whole understanding of life and the cultivation. To understand this **dharma cultivate**, **Pariyatti** – the **learning** of the teaching (1<sup>st</sup> phase of dharma) is **not that difficult** but to realize it via putting it into practice – **Patipatti** (2<sup>nd</sup> phase of dharma) is more difficult and takes time. When one awakens then one get to realize **Pativedha** (the 3<sup>rd</sup> phase of dharma), to **live the noble life of an ariya** (an enlightened being), and one gets to enjoy the **fruition** of one's practice.

21. **What makes the world turns or goes round?** It is love. Here love is not Universal love. It is craving, attachment, possessiveness, emotions, lust and passion. When you have craving, your thought will develop craving to own and have things, leading to **strong will power to plot, scheme, deceive and violence - by hook or by crook you need to have it**. *But with dharma, you can't do all those things those normal deluded living beings like to do e.g. you are not greedy for money; you are not violent; you don't take advantage of others; you can't cheat, deceive, kill or harm others; you can't do highly excitable and crazy worldly things, etc.* With dharma, you can **still be part of life**, but the inside is **already so different**. You won't be **so excitable** like normal people, as there is clarity, heedfulness and understanding (wisdom) that enable you to understand that all these are not real or what you think. When you have this wisdom, **your mind and your brain is different** and you are **very sensitive** because you **can sense and feel many things**. You will come to understand why living beings are really living beings and they are rather deluded because of their ignorant inherited from their karmic past, and there is nothing to be pitiful about. Because they are deluded, they would do foolish things. People are just the way they are. Foolish people do foolish things, deluded people do deluded things and crazy people do crazy things. Wonderful people do wonderful things. With this understanding, you can become a blessing to all, you are so different, so 'beautiful' and you are always at peace, have such beautiful mind and understanding, always heedful, joyful and contented.

22. Brother Teoh shared, it is because he went through life, *and he understands deeply what fear, anxiety, sorrow and lamentation* are like. **He saw how people suffer and he witnesses a lot of suffering** during his young days. He *contemplated deep into life* when he was young because he was unique and different. He has a **strong conscience to not harm any living beings**. And when he did try to drown a mouse, he got his 'payback karma' very fast, getting sinuses. He further shared, things we do due to ignorance in the past **will come back to haunt us** when there is condition (karma). And with wisdom, one can't do any harm to anyone. But **before you connect to your true nature**, you can still make mistakes. But because of your **unique spiritual and karmic nature**, when you come, **your karmic nature, vows and your understandings will prepare you because you are different**; you will know you are different and you will understand somehow. When Brother Teoh was young, he too has this very **strong feeling** to sense that **he was different** but at that time he can't understand what it is (the full picture) until later. But as he grows older, he **witnessed how things unfolding so beautifully and naturally**. In the year **1986 via a special message from one of the great beings (Quan Yin Bodhisattva)** brother Teoh **started his cultivation sincerely and diligently**. Then when his form and mind **connect** in the **year 1989, everything became very clear**. During those 3 years (1986 till 1989) the teachers come, the guide comes, the books come, messages come and his **understandings and transformations** kept unfolding. Since 1989, His **nature and his nature's understanding have become so 'strong'** and **life was so meaningful and wonderful**. Just like what is stated in the **Heart sutra: "True emptiness is wonderful existence"**.

23. All these **understanding of the Karmic and spiritual Natures and other Natures' law especially the law of karma** that **brother Teoh had shared with us all**, are **not** documented in any book or anywhere. Most cultivators also **cannot understand unless they have that type of cultivation and Nature**. Brother Teoh shared that karma is only 'stored' and linked to our karmic nature, and *when his present segmented life's form and mind* came to this world it *can sense and see* all the **unique signs and happenings** occurring when he was young and that was the reason why he knew he was different. Later on as he grew up and *when he has developed the condition to receive and inherit* all his past cultivation then he saw how *all these unique things unfolding very naturally*, like it is **meant to be** (as if everything has been **planned and taken care off already**). It is as if my **nature doesn't have to do anything apart from just accord and flow with nature's conditions** as they unfold so beautifully. Speaking from his own experience, brother Teoh shared that once his meditation **enables him to connect to his true nature**, these **wisdom and understanding** keep arising. The **karmic nature starts operating** upon **conception** of the being (our 5 aggregates of form and mind) but for the **spiritual nature** it is different because **before you connect to your true nature you cannot inherit anything**. But the **moment you connect**, you will **progress very fast** because you will **start to inherits** from your spiritual **nature immediately** after that. One *progresses very fast from then on and can reach back to their previous cultivation level from their past lives very fast*. Once connected back the cultivator will continue his cultivation from where he/she stopped in this lifetime. *When you have touched your true mind and realize your true nature* you will be able to **access the gateway to your nature**. The **only way to do that** is via **cultivating the Bodhisattva way**. The sainthood way is **still very elementary** (not as complete) – equating it to a handful of leaves verse those leaves in the whole of the forest. The sainthood way is only a handful of leaves i.e. mainly the 4 noble truths and its 3 turnings teaching. The **Bodhisattva way is much more comprehensive** because it *involves the cultivations of the 10 perfections over long periods of time*; especially the parami on - **perfection of wisdom**. The Bodhisattva way is therefore **definitely not easy** but is **rewarding and very wonderful**.

24. Sister PG shared what happened to her this afternoon while at work. When *negative mind states* come into play, *she was aware and mindful of it*. She was trying to key into her waze the address to her destination somewhere in Puchong but it could not be done and time was running out. She can see her *impatient building up* because of her *wrong thoughts conditioning*. As she was driving, she reminded herself to be **heedful** and **mindful** and **not let** any *negative mind states set in*. She was **very careful** when driving. As she was **very mindful**, it helped her to brake on time as another **vehicle swerve** into her lane suddenly. Everyone in the car froze. Brother Teoh further shared that when one is mindful, one **is able to avoid conditions** which **could lead to negative karma to arise**.

25. When you take care of karma, karma will take of your life. Nothing protects other than your virtues, kindness and wisdom. When one **cultivates the dharma** correctly, **one can see the changes happening for the better** in one's life – personality-wise, character-wise, and understanding-wise. The way one lives one's life, is very important. After all our **wrong views** (especially **self-delusion**) have been **rooted out, sensual desire and ill-will** will also dissipate. When one is **heedful** with the 5 **spiritual faculties** developed, the opposite 5 **mental hindrances** would not arise anymore. People are just the way they are, the world is the world, so just let things be – this is **right view**. Whatever happens in life, **do**

**not panic, do not arise** the *fear, worry and anxiety to stir your mind* to arise the *mental hindrances* of mind that will *hinders your mind from entering the meditative states of inner peace and inner awareness*. And also don't be **reactive** or **emotional** for *these activities will only creates negative condition for negative karma to arise/ripen*. Without this understanding, **when things don't go your way**, you will become angry and agitated because your **thought** via your *wrong view will tell you to react with negativity*. What needs to be done is to *not believe those thoughts, calm yourself down* then with **clarity of mind** do the *needy to resolve issues amicably* via the dharma way (Noble 8-Fold Path).

26. Brother Teoh shared that **whenever** he is in a situation, he will **never perceive** it *with negativity but instead accept it as a life reality with right view and then take it as a blessing in disguise* for him to **learn from it**. He will use his **understanding** and at times **his common sense** to finally resolve the issue at hand amicably via the dharma way. Then you can laugh over it after that.

27. After the *mundane mind has collapsed*, he shared that *the cultivator will have to learn how to use that* **Supra-mundane mind which is so fine** (like No mind), and *you hardly feel anything and like there is no movement*. This mind is **so different** from the *mundane mind which is very gross with a lot of images*. It is **much easier to train** the *mundane mind to be mindful or aware* because it is grosser. But after it has collapsed, there is like nothing at all and no mind to train, so like nothing to do. You need to *know how to handle such situation via wisdom* or you will end up having *unnecessary 'problem'* again.

28. Brother Teoh shared that there is a tendency for **most cultivators** who have **progressed** to be *deceived* by the *thought again* after a period of cultivation. Don't listen to the **thought** because this is the **mundane mind** that has duality! Instead, **silent your mind** and **go back to your nature** *to develop the understanding*. Only the nature or *silent mind can see things as they are* to awaken. But **thought is useful** when there is *wisdom*. When **wisdom** is already a part of you and it has stabilized, you can then **share your understanding** with others, *and then thought becomes beautiful*. Everything is beautiful. Today's dharma sharing is **due to condition** from Brother **Swee Aun's question** and the **higher consciousness** among some kalyanamittas, who can understand what brother Teoh shared.

29. **Progress** in *dharma cultivation*, lead to **more understanding**, then one is able to use it in real life. Dharma understanding and virtue can protects those like Sister PG. She was able **to avoid the conditions** for *negative karma* to arise. With dharma, one feels blessed. With one's virtues developed via correct cultivation, one is protected, giving rise to favorable conditions to avoid any severe karmic conditions/fruitition. If you don't take care of karma and you are heedless, you get entangled in situations and problems, leading to suffering and misery. But if you cultivate **sincerely** you will find your **life changing for the better**. *This is for the individual cultivator to find out. When this happens, your faith in triple gem will be unshakable especially their faith in the Buddha and his teaching*. This free teaching is a true gem! Do cherish it! Sadhu Sadhu Sadhu.

(Above draft is prepared by sister Phey Yuen)