

## Outline Short Notes of Thursday class dated 29<sup>th</sup> November, 2018

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Thu-181129.mp3>

Whiteboard : <https://i0.wp.com/broteoh.com/wp-content/uploads/Teoh-Thu-181129.jpg?ssl=1>

1. We are indeed fortunate to have the Buddha's teaching because it teaches us the secret of living life well. It can help transform us for the better, both personality and character and understanding wise to live a noble life without having to suffer. The mind which is calm, peaceful and aware can understand and appreciate life deeply. Even though the body may go through old age, sickness and death, there is no more suffering because it understands that the body is impermanent and it goes the way of nature hence it is not me (non-self). Consciousness is the same, it comes and goes, a rise and fall away so it is also not me.
2. Though the form and mind is not real, it is **still subject to kamma**. So, we have to **do our duties well** otherwise, there will be suffering. The Buddha's teaching covers all of the mundane and the supra-mundane aspect of life.
3. Birth as a human being is very rare and to be able to listen to the true dhamma is even rarer.
4. Bro Kok Loon reported that though he did not take his dinner, he was not hungry. His meditation sitting was very easy, he was **calm, peaceful** and **aware** and he **saw light** during his meditation. There was **no thought** too. Bro Teoh explained that what Bro Kok Loon experienced was **light nimitta**. It can manifest or arise when the mind is **calm, peaceful** and **aware**. Bro Kok Loon felt **very free** and **light** too. If one can just continue to relax into it and maintain awareness, one will experience piti and joy. One will feel very good and rejuvenated (recharged).
5. Once one can develop the silent mind, **one will experience peace and calm throughout the day**. When the mind **enters sati** (which is an enlightenment factor), one can cultivate **daily mindfulness** in the midst of life. With specific phenomena awareness, everything will flow together in **complete synchrony**. One will then have little or no thinking most of the time and with that one can easily maintain **heedfulness** in the midst of life.
6. During the Buddha's time, kasinas are objects of meditation used for developing concentration to experience a calm mind. If one keeps on focusing, one will develop samatha bhavana.
7. The four supports of meditation are **relax** into every mind state, **maintain awareness** (or **silence** of mind), **stabilize it** for as long as you can to maintain **heedfulness throughout the day**, and the final support is **trust**.
8. Whatever we give meaning to something, it becomes attachment. This will give rise to thinking without us knowing it for thought is response to memory. When we lack mindfulness and yonisomanasikara we will hold onto things. It is better to write down what we want to do so that we don't have to keep on wanting to remember it.
9. Bro Teoh advises us to use our brain like a computer with RAM (random access memory). Only when we need to use it, we retrieve it from our memory. Otherwise leave it there, don't worry about it. Normal

memory is necessary for us to live life but **not to store psychological memories** of fear & phobias, etc. that cause us so much suffering.

10. Sis Angie asked Bro Teoh if one should try to keep calm regardless of any situation that arises. Bro Teoh replied that when we try, it is the thought that is trying. We should learn how to use thought wisely. By doing so, we will be able to live life to the fullest and experience all the pristine beauty and wonders of life. The mind is our tool to help us live life so use it appropriately to arise the right thought to do wholesome things so that we can be a blessing to all.
11. There are two types of mind, the mundane mind and the true mind. There is no such thing as no mind. The knowing of no thought is still a thought. But for one who has realized the supra mundane, that **awareness borne of a free mind with wisdom**, has no concept, no word, nothing. The stillness, silence and tranquility arising from such a free mind borne of wisdom is different from those who focus and concentrate their mind.
12. Heedfulness is awareness before the knowing. Once there is knowing, perception has arisen. The perception aggregate creates the knowing in the mind.
13. Bro Teoh went over our last Thursday class (22<sup>nd</sup> November, 2018) outline short notes as prepared by Sis Soo Yee and Sis Sandra. This short notes of last Thursday's talk are **very comprehensive** and it covered topics reported by Sis Wendy: - the 5 ways to abandon wrong thoughts, what constitute evil? and the four foundations of mindfulness (all explained in a very clear and detailed manner).

(Above draft was prepared by Sister Phey Yuen)