

**Brother Teoh's Thursday class outline Short Notes dated 30<sup>th</sup> May 2019**

**Audio :** <https://broteoh.com/wp-content/uploads/Teoh-Thu-190530.mp3>

**Whiteboard :** <https://broteoh.com/wp-content/uploads/Teoh-Thu-190530.jpg>

**Youtube Video :** [Understanding the Essential Dharma especially on 3 Evil Roots \(Greed, Hatred and Delusion\)](https://youtu.be/2wazDo-98pU)  
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1. **Sister Angie** asked a question: 'After one has **practiced meditation**, how to know if one **has achieved panna or awakening?**'
2. **Brother Teoh's** answer: There **must be transformation** for the **better** in one's **understanding, character and personality**. **Wisdom means** having **understanding** to be **more peaceful and happy**. I.e. ability to be **free** from all **suffering** leading to **inner peace, calmness, inner joy and stillness of mind**. Your mind **does not stir or easily get distracted** like before. There is this **stability of mind** to **observe** with **wisdom** as to whether the **mental hindrances** and the **evil roots** are **still there to deceive** them.
3. **Bro Teoh** further elaborate: To realize that one must develop the **deep understanding** of '**what constitutes evil?**' **Greed, Hatred and Delusion** are the **3 major roots of all evils**. **Greed (Lobha** in pali) means having **craving**. The **evil root of Greed** is **not only greediness** it includes **craving, lust, desires, selfishness, possessiveness, deceitfulness, covetousness, cunningness, intention to cheat or harm or take advantage of situation and people**.
4. **Craving** is a **desire**. Your mind can be **conditioned** to like and disliking something. Brother Teoh shared that since young, he **cannot be conditioned** into doing something that **society normally does**. In fact he often does them **quite differently** (the opposite of society's norm) including the way he looks at things. Examples are: he does his addition from right to left instead of left to right which is the norm; he even holds his flute in music class facing right instead of left which is also the norm of society. Brother Teoh shared **his younger days** up to the **age of five** while living in Butterworth. His mind **was quiet, peaceful and having much joy** but **with little or no thought** at all **most of the time**. He brought along **much luck and blessing to his family, the moment he was born into his family**. He felt he can finish his primary school's learning in 3 years instead of 6 years. The moment he is taught **Math, Science and Geography subjects** while he was in the **secondary school**, his interest in such subjects kicked in. He **started to probe into Life deeply**. Whenever he **heard truth**, his **nature rejoiced**. He **learnt things very fast** and he is **very thorough** in his **approach to study**. (For more details please do listen to the video and audio sharing).
5. Brother Teoh explained that **his nature** has the **ability to learn and understand things very fast**. This was due to his **nature's past cultivation and perfections**. His nature **inherited this inner wisdom/understanding** from his **spiritual nature**. Every cultivator is different but once they **connect to their true nature** they will **inherit** from their **nature very fast** and they **will reach back to their past cultivation point very fast** and they will continue from that point. They will have the **ability to see clearly** their **evil roots of greed, hatred and delusion** (no matter how subtle they are, they will know).
6. Brother Teoh further explained that in a situation where you have **an ambition** and you **work towards** achieving it **with understanding**, that is **not greed** because you **work towards realizing it with right**

**understanding.** On the other hand, if **greed** and **delusion** are involved, the **wrong thoughts** they arise are with the **evil roots**. Then there is **karmic repercussion** involved.

7. The **evil roots** of **Hatred (Dosa** in pali) includes your **anger, deep resentment, hatred, jealousy, envy, ill will, dislike, unhappiness, misery and sorrow** including all your other **negative emotions**.
8. The **evil root** of **Delusion (Moha** in pali) includes your **doubt, worries, restlessness, fear, anxiety, sloth and torpor, etc.** It includes **ignorant of the truth (lack of understanding and not having right views)**.
9. We need to **cultivate mindfulness, yonisomanasikara (initial wisdom)** and the **4 right efforts** to **root out these 3 evil roots** of **Greed Hatred and Delusion**. This is what meditation is all about. You need to always cultivate the **1<sup>st</sup> and 2<sup>nd</sup> turnings wisdom** to arise the **initial wisdom** via **listening to the true dhamma and reflecting**. Only with **initial wisdom**, can one apply **the right effort** to **prevent the evil thoughts from arising**. Brother Teoh shared that for those who have gone through **depression**, they can **prevent** these **wrong thoughts** from **arising easier** once they have the **initial wisdom developed** because they **understand** how these **wrong thoughts** caused them **great suffering** when they were **caught in depression**. These **wrong thoughts** not only **caused suffering** and **misery** to themselves but also to others too. Thus **when they see this clearly**, they can **no longer** let these **wrong depressive thoughts** arise to harm them again.
10. With the **initial wisdom**, you **will be more mindful** and **sensitive**. You can even be **aware of the very subtle evil root** that arises within your form and mind. With **such sensitivity of mind**, all these **negative evil mind states** cannot arise to deceive them anymore.
11. If you **do not** view or perceive the **world** and **people** with **negativity** and **fear**, there will be **no problem**. No problem means no more fear, worry and anxiety and there is **only peace** and **clarity of mind** to **act** and **resolve** things **amicably with wisdom** and understanding. But if we **perceive them with negativity and fear** then there will be **problem all the time** due to one's lack of wisdom.
12. The **only reality** in life is **this moment**. When you have wisdom, you **will not worry** about **life** because you know **what reality is**. As there is this **conditioned world** and **all beings are subject to karma**, thus you know how to do your **duties properly**. Yet you know **everything is impermanent, subject to suffering, and non-self**. This form and mind is not something you can cling onto by saying this is 'me' and these are 'mine'. Hence you **will not cling** via **delusion** and you are able to **accord and flow** with **conditions** following your **understanding** and are **at peace** with all things and conditions all the time.
13. When you are **silent** and **have more moment of awareness**, you **can see things as they are clearly**. Then that **penetrative meditative** wisdom borne of the **3<sup>rd</sup> turning (direct seeing)** can arise and you will know what constitutes evil. You understand the 5 mental hindrances, the 5 spiritual faculties and the 5 daily contemplations clearly. You also know that this form and mind is subject to its kamma and separation happens when condition cease to be, thus you cannot desire to own anything, not even this form and mind.
14. The **5 daily contemplations** are essential for us to **develop the wisdom** to counter **the first noble truth 8 realities** of suffering. The 5<sup>th</sup> contemplation involves the law of kamma: 'you are all born of your kamma, heir to your kamma, conditioned and supported by it and you are what you are due to your kamma. Thus you need to take care of kamma through avoiding all evil and doing good. But without

dhamma and wisdom, the **world can still afflict you** due to **your delusion** i.e. **clinging to the 5 aggregates of form and mind**. Negativity of mind states **borne of delusion** can **still cause misery and suffering**. But with **his essential dhamma**, **liberation is possible**. **Heedfulness** leading to **purification of mind** and **awakening** is vital. You **need to understand clearly** the **whole** of the **essential dhamma** to **be able to meditate** leading to **awakening**.

15. The **10 steps** as **taught** by the Buddha in his **Avijja sutta's** enlightenment sequence are vital for cultivators to awaken and they are:
- i. Having **good dhamma friends**
  - ii. **Listening** to the **True Dhamma**
  - iii. **Having faith** in the **triple gem**
  - iv. **Having wise attention (yonisomanasikara)** at the moment of sense experience
  - v. **Daily mindfulness** with **clear comprehension (Sati sampajanna)**
  - vi. Having **sense restraint**
  - vii. Having the **3 ways of right conduct**
  - viii. Cultivating the **4 foundations of mindfulness**
  - ix. The **7 factors of enlightenment** keeps arising
  - x. Enlightenment In the here and the now.

As **kalyanamittas**, you **already have the first 3 steps**. You only have to work hard on the **4<sup>th</sup> and 5<sup>th</sup> steps** then you are home. Steps 6 and 7 are automatic (a natural consequence of steps 4 and 5).

16. **Self-delusion** separates you. When **you think you are real**, you **create the illusion** of an **existential self**. Hence a **personality** arises. When the **'I' exists**, this **entity** will further develop the **Greed, Hatred and Delusion**. But when there is an understanding of the **whole big picture of the Buddha's teaching**, there is **faith** in the Buddha and **his teaching** leading to the arising of the other 4 spiritual faculties of **viriya, sati, samadhi** and **panna**. Then your mind is **naturally heedful, ever mindful** and **you will understand** the **12 links or dependent origination teaching very well** and you will definitely awaken.
17. The sense of **guilt** and **remorse** is a **self-delusion** believing that this **form and mind** is **real** and it is **you**.
18. There is a talk entitled **'Lay person certainly can become an ariya'**. This is because it is the **form and mind** that **awakens to the truth**, that form and mind or **human being** is the ariya but it is **not you**.
19. Brother Teoh acknowledged that currently there are **better conditions** for us to link the **overall picture** of the **essential dhamma** with the **cultivation clearly**. We should rejoice with Angie's good question. Sadhu! Sadhu! Sadhu!

20. Brother Teoh shared that Tun Mahathir our Prime Minister was recently invited to **an international conference** in Japan entitled 'The future of Asia'. He was the only speaker (leader) invited to speak. Tun's mind is still so energetic, agile and witty. He is a **true leader**. In the interview, he was asked many very diverse questions ranging from politics to important day to day questions that are of great interest. Tun also spoke on **how to resolve world conflicts** and **global trade wars in a civilized manner**. We are **civilized nations** and **we should resolve everything** on the **negotiation table** via **give and take** leading to a win-win situation. Negotiate with facts, understanding and fairness. Not via confrontations, arrogance, threats, sanctions and wars.
21. Regarding Sister Angie's second question on trade wars: which country is wiser? Brother Teoh shared some of the answers given by Tun Mahathir as he was asked the same questions. **Tun said:** it is an undeniable fact that the world is evolving and progress very fast. In the past, the West is more civilized and advance. But now, Asian people learn fast and they, especially China with 3 times the population of US is rising and progressing very fast too. Brother Teoh further shared on how **China introduced great and wonderful reforms (following the dhamma understanding** by introducing **righteous and good value systems) to transform** itself from **a poor 3<sup>rd</sup> world country** to become the **2<sup>nd</sup> largest world economy** in just over a period of **40 years**. The China's socialist capitalism miracle! They started by **questioning: 'Why China never really progressed** in terms of its economy as a communist socialist country'. They realized that communism is good but **patriotism without the appropriate value system** and **incentive** to grow a strong economy does not help. They **studied all the world's political systems** and **finally came up** with their **own unique system** that is **so beautiful**. To be successful, China needs a **good education system, sincere, good and dedicated scientists, a hard working work force and leaders** with **good ethics; value systems** etc and thus they opt for **true meritocracy** by incorporating the **useful aspect of capitalism**, like a **free market system** allowing **sincere, genuine, innovative and hard working** people to prosper and succeed. They **encourage competitions** and **give incentives** for **innovations, R & D** and **growth to grow the market economy**.

(Above draft is by Sister Angie Chong)