

Outline Short Notes for Brother Teoh's Thursday class dated August 1st 2019

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Thu-190801.mp3>

1. Brother Teoh went through last Thursday's outline short notes.
2. Bro Teoh reminded kalyanamittas that the **silent mind** (which is the **true mind**) is the **meditative mind**. You just need **to relax, aware** and maintain **awareness** for as long as possible, and **trust your nature** to do the meditation.
3. **Don't use your thinking mind to try to know**. Even when **thoughts** arise, you **just let everything be**. Any **sense door contact** of the mind, just be **aware**. Otherwise, upon contact, **ignorance** would **condition** the **12 links (dependent origination)** and the **chain of sankhara thinking activities** will follow suit.
4. It is important **to train the mind** until **mind enters sati**, then **stabilize it** to **realize passaddhi** by not **trying to know** while in **meditation**. When you are **out from meditation**, you can **use the stability of mindfulness** to cultivate **the daily mindfulness** and to **develop** the 1st and 2nd **turning wisdom** of **suttamaya panna** and **cintamaya panna** leading to the **initial wisdom (yonisomanasikara)**.
5. When you 'want' to enter the **meditative state**, that '**wanting**' is actually a **craving** within the mind.
6. Brother Teoh advised kalyanamittas to **have strong faith** and to **determine** to be **ever mindful**. This **determination** is **essential** for the **cultivation** of the **daily mindfulness** and the **initial wisdom**. To be **constantly meditative** and **ever mindful** in the midst of our **daily activities** is vital as **heedfulness** is the path to the **deathless**, and the **heedful never dies**.
7. Brother Teoh shared his **experience** regarding his **determination** to be **ever mindful** in the early years of his **cultivation**. After two weeks of **continuous mindfulness training (with intention to be ever mindful)**, the **awareness came**. He had a **good religious' routine** covering **continuous daily mindfulness** of all **movements, actions** and **activities** throughout the day, from the **moment he woke up** to the moment he **slept at night**. Later on even when his **body goes** into the **sleeping mode** he was **still** able to **maintain clear awareness** of all his **mundane** mind's **subconscious** and **unconscious mental releases**. He was **fully aware** throughout the **night until** upon 'waking up' from the sleep the next morning and he was **aware** of the **same last thought** arising just before he 'wakes up' as if he **didn't really sleep**. Yes! It was as if he never slept throughout the night, as **his awareness** was **very clear** and **stable** all the while. This is the **continuous awareness** one needs to develop. That's why Bro. Teoh said, 'the 3rd support which is the continuous 24 **hours' mindfulness** is possible'.
8. There is a slight difference in **the 4 noble truths** stated in the Theravada tradition and the Mahayana tradition. In Theravada, first is **dukkha** (un satisfactoriness); second is **samudaya**, (the cause of suffering which is craving); third is **nirodha** (cessation); fourth is **magga** (path, the Noble eightfold path). Whereas in Mahayana, the **second noble truth** is not 'the **cause of suffering** is craving' but changed to '**accumulation** through memory as the cause of suffering'. The accumulation of one's **fear, phobia, scars of memory, insecurity, anxiety** and **all the other psychological memories** are the cause of suffering. Those who experience **depression** will understand this because they have **strong tendencies**

towards these **accumulated mind states** (which are wrong thoughts) that conditioned their suffering, misery etc. leading to their **depression** and **suicidal thoughts**.

9. Human beings **crave** for **security** leading to a **sense of insecurity**. This **insecurity** is inherent in human beings. **Insecurity** breeds **fear**. Fear of **being born** leading to old age, sickness and death; fear of **death**, fear of losing **our job**, fear of **failure**, fear of **danger** and fear of **losing our love ones** and **wealth** (separation), etc. But **with dharma in the heart**, you just need to **have total trust in the dharma**. **Trust** your **nature** especially your **karma nature** to **take care** of you (your life).
10. **Meditate** and **develop the understanding of life** especially **what the form and mind is?** With dharma, you will know **who you are** and **what you are** and you will **also understand** all the **nature's laws that governs life and existence**. With this, you **will understand life** and you are **able to live life well**. That is, how to **develop the understanding** to live a **good** and **successful life**. Not only success in the **materialistic aspect** of life but also in the **spiritual aspect** of life which is **most important**. With spiritual understanding of the four noble truths and eightfold noble path, **life is beautiful, meaningful, wonderful and complete**.
11. When you **continuously cultivate** the **true dharma**, you will have **understanding, love, joy, faith** and **gratitude** towards the **triple gem, your teachers, your other guides and fellow kalyanamittas**. You **will also develop** all **virtues** and **wholesomeness**. You will be able to live a very **good** and rather **meaningful life** of **joy, peace, tranquility** and **happiness**. No more suffering and no more problems and worries. This is wisdom leading to liberation of mind.
12. On the other hand, when you **do not understand life**, there is **selfishness, emotions** and **arrogance** in the mind. Everything that you do is for **self-benefit** only. These **unwholesome acts** filled with **delusion** will only **create** more **evil thoughts**, further **suffering and misery** when you **cannot get what you want or wish for**. **Evil roots** of **greed, hatred and delusion** is **inherent** within this **deluded mundane mind**. Out of fear, **more negative karma** is being created. These **karmic fruitions** cause you to **be afflicted and suffer**, not able to **have peace** and **joy** in life.
13. It is **important to understand**, that the **'doing'** while in **meditation** is always by the **thought** and **when thoughts** are **active** there is **no real meditation**. **Without** thought, there is only this **pure awareness**, so no **fear, worry** and **anxiety**. **Instead there is only peace, tranquility, joy, inner awareness** and the **stillness**, which is the **meditative state**.
14. When you use thought, use it **to arise the appropriate 'right thought'** to develop **wholesomeness, virtues, kindness, respect, gratitude** and **thus be a blessing to all**. These **wholesome mental states** that you arise will **propel you** to be on the **path to ultimate liberation**. Whereas **wrong thoughts** have **greed, hatred and delusion, born of ignorance; they** only lead to **afflicting** negative emotions, and is the total **opposite** of the **noble eightfold path** practices.
15. A kalyanamitta asked Brother Teoh regarding the discussion on taking up jobs deemed **unwholesome** (wrong livelihood) in their **discussion group**. Brother Teoh advised (basing on his own understanding) the **most important criterion** to look at is your **mental intention or cetena**. Cetena is what causes karma. If your **mental intention** has the **3 evil roots**, it will **cause negativity** of karma. If your intention is **wholesome** (e.g. to help people), then it is okay. If it **involves improper livelihood**, then you have to

decide **whether taking up this job** is **conducive** for your cultivation or not? Most importantly, is your own **understanding of the dharma** and your ability to notice your **own defilements** is **what matters**.

16. For example, taking vegetarian. Some say being vegetarian shows a more compassionate heart. Some argue that this is not necessary. Eventually, it all boils down to the **level of your own understanding** of whether to be vegetarian or not. To what extent you **are able to notice your own defilements** (especially the gross ones) when they arise is **most important**. This **immediate cultivation** is essential. If even the **gross defilements also you are unable to handle**, then there is **not much meaning** to go to that level of **compassion** as going vegetarian. Always **understand** the **mental intention** behind all that you do. It is not **'one size fits all'** and **you must act with understanding**. Never violate the nature's law of karma or certain important society's law as they can **lead to negative karmic consequences**. Acting **just to impress others** that you are **outwardly more compassionate** or **spiritual** is of **not much value** because this is **form dharma**, not **mind dharma**.
17. The Buddha's teaching of **keeping precepts** is for **training the mind** in **mindfulness**. For example, the first precept, *'I undertake the **training rule to refrain from taking the life of any living creatures**'* is for you to **develop** your **mindfulness** and **take this precept seriously** because it is a **training rule** and you have to **exercise sense restraint**. You can also further **investigate** into it, **put it to test**, and **establish a deep understanding**, as to why this precept is being introduced by the Buddha. Who kill? What type of person will violate this precept? A **selfish, deluded and violent person** who has the evil roots of Greed, Hatred and Delusion. This imply the **breaking of this precept** leads to **major evil karmic consequences** following **dharmapada verse 1**.
18. When **you can keep precepts** well and are **ever mindful** in your daily life, you will have a **deeper understanding** of the **essential dharma** and thus **you will have the wisdom** to choose the **right job** with the **right livelihood**. In the case of working as **sale personnel** for a Sport Toto outlet (as per your group's discussion), **my personally advice** is – **no problem** because it is a **legal entity approved** by the **government** and it is a **proper** listed company. [**But please don't quote me** (unless you have the understanding) because this topic **can be sensitive**.]

In this particular case, your **mental intention is sincere** and **simple** because it is an **honorable sale job** with an **established** company of legal status. Sport Toto had also **done** a lot of **wholesome corporate social responsibility** and **activities**. If after taking up the job, then you think a **'wrong thought'** which makes you **remorseful**, then you are **creating your own un necessary** mental suffering (worrying, etc.) via your **wrong thoughts**.

(Above outline short notes draft was prepared by Sister Phey Yuen)