

Brother Teoh's 11th September 2018 Tuesday Talk outline Short Notes

Audio : <http://broteoh.com/wp-content/uploads/2018/09/Teoh-Tue-180911.mp3>

Whiteboard : <http://broteoh.com/wp-content/uploads/2018/09/Teoh-Tue-180911.jpg>

Book Reference: The Buddha and His Teachings - The **Working of Karma** (Chapter 20, Page 360)

1. **Bhavanga** – is a **life continuum or mind stream**. A **type of consciousness, below the threshold of sense consciousness**, that *just flows like a continuous undercurrent* when there is **no intruding sense activity** (i.e. *impinging sense data like sound/vibration to trigger off the hearing consciousness*).
 - a. **Unimpinged** - Past Bhavanga (Atīta Bhavanga)
 - b. **Impinging** - Vibrating Bhavanga (Bhavanga Calana)
2. When we rest/sleep the mind **performs a clear-out leading to recuperation of mind**:
 - a. Built-up (or accumulated) fear, phobias and scars of memory are **released** through our **subconscious and unconscious states** to bring about **order to the mind**;
 - b. Dreams are an example of such releases.
3. When the Bhavanga stream of consciousness is arrested/**Impinged** (Bhavanga Upaccheda):
 - a. **Sense-door** consciousness (Āvajjana) steer towards the sense data/object
 - b. **Sense** consciousness (Panca Viññāna) arises
 - e.g. visual consciousness (cakkhuvīññāna) arises which sees the object
 - c. followed by a moment of the sense object's **reception** (sampaticchana)
 - d. the **investigating thought-moment** (santīrana) examines the perceived object
 - the process of **knowing** the object; relating to memory / learning / past experiences
 - e. followed by the **determining** thought-moment (votthapana) when discrimination is exercised and freewill may play its part:
 - with **wise attention** (yonisomanasikāra), it becomes moral,
 - with **unwise attention** (ayonisomanasikāra), it becomes immoral
 - f. **7 Javana**/stages of the determining thought-moments decide the nature of Karma:
 - all these thought-moments are similar, but the potential force differs.
 - if it occur in the 1st thought moment then if there is **no condition** for its fruition in **this present life** then the **karmic potential** will **cease** to be *after that life*.
 - if it occur on the **7th thought moment** then *if there is no condition for its fruition* in the **present life** and the **next life** then the **karmic potential** will **cease** to be *after that*.
 - if it occur between 2nd - 6th determining thought moments then its **karmic potential** is **forever present**.
 - g. This entire thought-process, which takes place in an infinitesimal fraction of time, ends with the **registering consciousness** (tadālabhāna) lasting for 2 thought-moments.
 - a single thought-process is completed at the expiration of 17 thought moments.
 - this process is **multi-dimensional** (e.g. multiple thought-processes, **all at different stages** happening **very fast** and some **may not even** complete the 17 thought moments but continue to spawn off new thought-processes in between depending on condition.)
4. Sis Alicia asked whether these 17 thought moments are similar to the 8 types of consciousness. Brother Teoh answered **no but said that they are related**. The 17 thought moments if fully completed will form a **thought process** and depending on the **mental intention** associated with that *thought process* the **type of consciousness** will be **classified accordingly**.

5. Bro Teoh recommends to the class kalyanamittas to read ahead of the **next class** in order to have **more active participation** during the next Tuesday **class discussion**.
6. Have gratitude for what you have (e.g. a **healthy** form and mind) and *able to make use of what you have to the fullest, to cultivate wisdom, compassion and mindfulness is true blessing and understanding to live life.*

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