

## Brother Teoh's 18<sup>th</sup> September 2018 Tuesday Class outline Short Notes

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Tue-180918.mp3>

Book Reference: The Buddha and His Teachings - The Working of Karma (Chapter 20, Page 367)

### 1. Creation of negative Karma – the 10 evils often committed by a heedless person are :

[Via Actions]	1. killing (pānātipāta)	
	2. stealing (adinnādāna)	
	3. sexual misconduct (kāmesu micchācāra)	
[Via Speeches]	4. lying (musāvāda)	e.g. Deceitful, Dishonest, Two-faced
	5. slandering (pisunavācā)	e.g. Insult, Vilify, back biting
	6. harsh speech (pharusavāca)	e.g. Vindictive, Hurtful and strongly worded speeches, Threatening
	7. frivolous speech (samphappalāpa)	e.g. Irresponsible words, Instigative
[Via Thoughts]	8. covetous and selfish thoughts (abhijjhā)	e.g. Possessiveness, Desire, Lust
	9. ill-will or anger and hatred (vyāpāda)	e.g. Spite, Enmity, Malice, Cruel
	10. false or deluded view (micchā ditthi)	e.g. Crooked, Misleading, Biased, Denial

### 2. Recording time 1:09:25

[Question] On the topic of killing, Sis Chwee asked whether the definition of "a living being" is characterised by having a cognitive mind.

[Answer] Plants also have consciousness (mono), exhibit sensitivity and responds to environment (e.g. experience suffering). However, in this context, "a living being" refers to beings that breathe, i.e. having a life force. Note: the word "**pānā**" from the word **pānātipāta** and **Ānāpānā** sati.

### 3. Recording time 1:17:38

[Question] On the 5 conditions necessary to complete the **evil act of killing**, Bro Chin How asked regarding the scenario of "having only the intention to kill, but the actual action to kill was performed by someone else".

[Answer] The precept here is **not 'thou shall not kill'** but is '*I undertake the training rule to abstain from killing.*' So a heedless person with the **mental intention** to kill, **inadvertently** develops the actions of killing (e.g. instigate or hiring someone else to kill) born of his negativity of mind state also **commits** the **act of killing** even though the killing was done by others. For **mental intention (cetana)** can leads to Karma. If you can kill, it means you **don't have love** and **compassion**. Only an **evil, deluded and selfish person kills**.

### 4. Recording time 1:29:15

[Question] Sis Chwee shares her experience regarding how she finds it **very difficult to deal** with the **tiny ants** at her home, and she just had to apologetically get rid of them.

[Answer] 

- Bro Teoh advises her to cultivate **Mindfulness leading to wisdom**, thereby enabling her to develop the **sensitivity towards all life forms via consciously nurturing LOVE and COMPASSION**

**borne of WISDOM** (the understanding to choose kindness, wholesomeness and virtues over karmic negativity);

- Our **untrained mind** is **heedless** due to our years of **accumulated greed, hatred, fear and delusion**; this **heedlessness** leads to **karmic negativity**. In order *to de-condition/de-program* this **heedless outflow of negative mental intentions** via our **habitual tendencies** and **heedless reactions** to sense experiences we need to cultivate the **four foundation of mindfulness** leading to **heedfulness** to arise the **wisdom** (yoniso manasikara) needed for us **to straighten our views**. E.g. with kayanupassana, the **moment a physical** (or kaya) movement begins or arise (e.g. the intention leading to the action to kill), you will become **aware** and able **to discern clearly to arise** the **choice** not to kill; hence a wise and mindful person **will not** be able to violate the precept of killing.

> **Short discussion** regarding **birth as a lady or a female** by all; *reason for such birth and its pros and cons*. Also why some of our Kalyanamittas *choose to remain as single ladies this life*. For **more detail please do listen to the full recording**. The discussion was led by Bro Teoh after sister PG's comment on her disagreeing with what the text said regarding female birth.

5. Recording time 1:54:03

[Question] Sis PG shares her observation of **counter dependent karmic roles**. That is since these victims have karmic conditioning or potential from their **previous lives to be afflicted** so why not just let it be?

[Answer] Karmic potential **need conditions** for its fruition or arising. A victim being hurt by another, does not necessarily mean the **victim** has previously **hurt** that other person. In fact, it is **often someone else altogether**. Dependent on the **different conditions** that arise, everybody may *encounters karma* in varying manner. Likewise, when there is **no condition, nothing happens** to that person. This means if you have the **dharmic understanding to avoid the conditions** for *negative karma to arise* then **those karmic potential** may not ripen.

6. Recording time 2:11:10

[Question] Sis Chwee shares her observation that 99.99% of sales people often talk rubbish and they lied.

[Answer] If the salesperson had first **verified** that it is **indeed a good and beneficial product**, then sales become a **profession** where there is **no need to lie** to do well. The **usefulness** of the product is most important and **sincerity** of approach during sale will bring in the sale. Not the commission. This is what **right livelihood** is all about.

> If you are **truthful** and **sincere**, you will have less condition to commit negativity of karma. But more importantly, you need wisdom to balance truthfulness because even if you are truthful, but with a tainted/biased (selfish) mental intention, you are still prone/tempted to creating negative karma.

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