

## Brother Teoh's 9 October 2018 Tuesday Class outline Short Notes

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Tue-181009.mp3>

Whiteboard : <https://i1.wp.com/broteoh.com/wp-content/uploads/2018/01/Teoh-Tue-1780109.jpg>

Book Reference: **The Buddha and His Teachings** - Nature of Kamma (Chapter 21, Page 383)

1. In some cases a trifling misdeed may cause the person to live painfully in consequence. While in other cases, the effect of a similar deed or greater evil may have minimal effect.

E.g. The analogy of putting a lump of salt into a small cup, pollutes the entire content and renders it undrinkable. Versus putting a lump of salt into a large pool of drinking water, hardly causes any pollution and is still drinkable.

2. Sis Yoon Chun's sharing of recently witnessing a dog-bite incident at a retreat she attended in Thailand. She also recalls experiencing strong viriya during the meditation session on the last day of that retreat.
3. Learn to sense and follow your **conscience**, situated slightly left (off-centre) of the heart. The mind base where the heart beat arise is the seat of our consciousness, and from here the pulse of life (our karmic force) channels blood and energy throughout our body and mind.
4. Our emotional core is conditioned by our thoughts, situated directly in the centre of our heart. Be cautious of this emotional core and recognise that this is **NOT** your conscience. When you follow this emotional core instead of your conscience, your life can turn into a living hell. That is when people advice you to follow your heart, don't follow your emotional heart.
5. Right thoughts **do not** condition negativity. Right thoughts **borne of wisdom** allow a person to see things as they are, and therefore enables acceptance of others for what they are.

E.g. An angry person will say unreasonable/hurtful things. Expecting that person to behave reasonably/calmly out of respect for you will only cause yourself frustration/suffering and bring about proliferation of negativity.

6. Wrong thoughts condition our fears, worries, anxieties, etc; stemming from the 3 evil roots of greed, hatred, and self-delusion. The focus should be on the **user of thought** – if the **user is deluded** thoughts will be wrong thoughts.

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