

Brother Teoh's 08 January 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190108.mp3>

Reference Book: The Buddha and His Teachings by Ven. Narada (Chapter 24 - Reasons to Believe in Rebirth, Page 412)

1. Brother Teoh shares a few stories about encounters with mediums (people getting into trance with body possessed by non-humans).
2. Multiple questions regarding the formless state of non-humans were clarified and discussed.
3. Sister PG shares her experience of sensing non-humans (feeling sudden chill).
4. Bro Teoh shares that there is no need to fear non-humans as they do not have a physical body to harm you. Non-humans usually only have negative energy field, which may be used by them to amplify your fears. They can sense your fear. With mindfulness and no movement of thought, there will be no fear in you. Virtue, precepts and loving kindness (metta) protects.
5. Sis Stephanie shares an occasion about difficulty sleeping in an accommodation that used to be a church.
6. Sis PG asks regarding eerie places of redevelopment, e.g. the redevelopment of Pudu Jail.
7. Communication with non-humans and remnant of consciousness that came out of the body after death is possible, as they exist even if you don't see them. They can see and hear you very clearly and they have emotions too. Because of their delusion, sometimes they do get angry. Be sensitive and considerate in seeking their kind understanding and cooperation.
 - a. E.g. you can talk to them explaining: "In our society, after we have bought the place, we own the building, and we have the right to do renovation, etc. I understand you were here before me and that this has been your dwelling. Please understand that we don't mean any harm. I seek your forgiveness if I have offended you. You are welcome to stay and I hope you can help protect and keep this place safe."
 - b. Bro Teoh shared a few more examples from his life's experience with the class.

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