

Brother Teoh's 15 January 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190115.mp3>

Ref. Book: The Buddha and His Teachings by Narada (Chapter 24 - Reasons to Believe in Rebirth, Page 416)

1. Bro Teoh shares his **perspective** on the **topic of rebirth**, through **his observations (with mindfulness)** of how his **current life experiences unfold** so **beautifully** with **many signs and hints** on **influences from past lives** and also how **he inherited** a lot of **understanding** (both **mundane** and **spiritual**) which he never learn this life. Such **understandings borne** of **past vows** and **aspirations** are **rather unique** and they do give inferences to possible good understanding to live future lives. He also discuss with us the below topics:
 - a. Examples of **special beings (great beings)** that are born with very **clear purpose, intent** and **affinities** into our present world.
 - b. Power of aspirations and vows.
 - c. **Vastness** of our **universe** and beyond. Our universe having such **immense infinite space** - even **after viewing space** as far as **16 billion light years away** there is still **no sign of a boundary or limit**.
 - d. Prior civilisations of the earth's history – the **Sumerian** and **Atlantis** civilizations.
 - e. Difference between **reincarnation** and **rebirth**.
 - f. The **beauty of the 4 Noble Truth** and **its 3 turnings** as taught by the Buddha (the **essence** of the **Buddha's teaching**).
2. Sis Yoon Chun shares that the **mind has to be very quiet** in order to contemplate/reflect. Brother Teoh adds on the following:
 - a. One **also needs** to have a **stable mindfulness** in a **quiet setting** to **cultivate the 2nd turning contemplation** and **reflection wisdom**.
 - b. Contemplation **on life** enables one to develop the **requisite wisdom** needed to **understand life** and **to see clearly** the **pristine beauty** and **wonders of life**.
 - c. 2nd turning wisdom (cintamaya panna) borne of contemplation and reflection on the dhamma proclaimed by the Buddha is very important. It sets the base for us to receive subsequent truth.

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

Reasons to believe in rebirth pg 416

- The **theory of heredity** should be **supplemented** by the **doctrine of karma** and **rebirth to explain** infant prodigies, familiar people and surroundings (of places) never seen before and inequality of mankind. Without the doctrine of karma many happenings in life cannot be properly explained.
- We have existed many life times, even before the past civilizations of Sumeru and Atlantis. The Buddha said, '**Inconceivable is the beginning of the 1st thought of ignorance that conditioned birth.**'
- Bro Teoh shared his experiences in such cases and recalled the power of past vows and aspirations.
- We are reborn either with avijja in a conditioned state or as a bodhisattva based on our vows. As a bodhisattva it is best to cultivate until **we can connect to our true nature** and **realize the cultivation stage of no mark**.

(Above 2nd part of the outline short notes draft was prepared by Sis Yoon Chun)