

Brother Teoh's 22 January 2019 Tuesday Class outline Short Notes

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Book Reference: The Buddha and His Teachings by Narada (Chapter 25 - The Wheel of Life - Paticca-Samuppāda, Page 419)

1. Importance of **stability of daily mindfulness**, with references from Avijja sutta.
2. Bro Kok Loon shares his dream-like experience, hinting on past lives. He had a vision of being in a desert area by a cliff, in a place carved out from within the mountains, and the people there were from an ancient civilisation. It felt familiar, like he built that place and saw how it ended, with mixed feelings. Turns out it was an actual place that existed 600 years ago, in Central America.
3. Bro Teoh also draws similarity to Sister Anne's dream about Bodhgaya temple and her **affinity with that place** and the Dhammacakkappavattana sutta.
4. 4 bases of success as taught by the Buddha are: **Chanda** (passion), **viriya** (zeal or driving force), **citta** (willpower) and **vimansa** (investigative understanding). Here **vimansa** is a more general **non-spiritual** investigative understanding towards self-improve, in that sense it is slightly different from **dhamma vicaya** which is **dhamma investigation**.
5. 7 factors of enlightenment (satta bojjhanga) are:
 - a. **Sati** - mind in full awareness/attentiveness before the arising of thoughts
 - b. **Dhamma Vicaya** - Dhamma investigation
 - c. **Viriya** - spiritual tenacity/energy/zeal to cultivate this noble path
 - d. **Piti** - spiritual joy
 - e. **Passadhi** - tranquillity / stillness of mind
 - f. **Samadhi** - stabilised mindfulness (mind is collected and unwavering mind)
 - g. **Upekkha** - equanimity of mental formations borne of wisdom
6. **8 types (4 pairs) of enlightened beings:**
 - a. Beings of 1st, 2nd, 3rd and 4th Stage of Sainthood.
 - b. A pair for each stage (total 4 pairs). Path and fruition for each pair.
 - i. Those on the Path are already enlightened but their **wisdom has not stabilised**.
 - ii. Fruition means their **wisdom already stabilised** and they are **able to share** their understanding.
 - c. These 4 pairs of noble beings have **Good conduct, Upright conduct, Wise conduct** and **Dutiful conduct**
 - i. They will act in accordance with **Noble 8 Fold Path**.
 - ii. They will understand that even though this Form and Mind is not them but it is not entirely separate from their nature in the sense that it arise from their karmic nature hence it is still subject to the law of Kamma. (A good example is the story of arahant Maha Mongalana being clobbered to death after having committed heavy kamma in his past.)
7. Whole of life and existence is **not so real because** it is "**only mighty nature rolling by** hence we have to choose to accept everything as natural to avoid suffering." Acceptance is wisdom.
 - a. All **Causal phenomena** and **Condition arising entities** exhibit the **3 universal characteristics of nature** (Anicca, Dukkha and Anatta).
 - b. They are governed by 5 universal orders of nature namely: i) Bija niyama (the Biological order), ii) Utu niyama (the Physical order), iii) Karma niyama (the Law of Kamma), iv) Citta niyama (the Law of Mind) and v)

Dhamma niyama (the Law of Dhamma).

8. Sis Wendy asked about the scenario of getting angry during a traffic jam; whether this constitutes kamma.
9. Bro Teoh clarifies that this is an example of **heedlessness** that creates condition for higher possibility of accidents to happen. Alternatively, if we can remain **patient** and **allow things to be**, our parami will have the chance to manifest via **not creating** the **conditions for karmic negativity to arise**. Then to your surprise, suddenly you will be able to go on the correct lane and the traffic will clear quickly for you to move on.
10. If you are **mindful**, **sensitive** and **aware**, you will be able to see the **signs of karmic debt approaching** – better ask for forgiveness and repent, then cultivate wholesomeness via following the advice of the Buddha to avoid all evil, do good and purify your mind. If need to pay back, then pay it back.
11. Bro Teoh also shares **a few incidences of karma he has witnessed and experienced** while he was young.
12. Paticca-Samuppāda (or Iddapaccayata) is a very important 12 links or Dependent Origination teaching of the Buddha. It explained the Law of Mind (about how the mind functions/operates):
 - a. **1st link is avijja** (ignorance of the Dhamma)
and the Buddha said, **Dependent on ignorant** it condition (or paccaya) Sankhara;
 - Dependent on **sankhara** (content of consciousness, everything the mind can do*) it conditions vinnana.
 - Dependent on **vinnana** (pure consciousness before the input of its content) it conditions nama rupa.
 - Dependent on **nama rupa** (2nd aspect: 5 mental aggregates of form and mind) it conditions salayatana.
 - Dependent on **salayatana** (sense bases) it conditions Phassa.
 - Dependent on **phassa** (contact) it conditions vedana.
 - Dependent on **vedana** (feeling) it conditions tanha.
 - Dependent on **tanha** (craving due to 3 evil roots) it conditions upadana.
 - Dependent on **upadana** (obsessed, grasping) it conditions bhava.
 - Dependent on **bhava** (becoming, becomes that thing) it conditions birth (jati).
 - Dependent on **jati** (birth or transgression via action, speech or thought) arises the whole mass of suffering or **jaramarana** (Whole mass of suffering)
 - b. This flow is multi-dimensional, i.e. Non-linear. It arises at every moment of sense door consciousness while living life. The mind can shift very quickly from one sense consciousness to another sense consciousness.
 - c. The linear representation is only to aid initial recognition and introduction of its phases.

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

Additional Notes on Sankhara

* - Everything the mind can do is sankhara. Sankhara has 52 when **feeling** and **perception** are included. Below are the various **English words** used to denote sankhara:

1. **Mental activities** (all your thinking, planning, scheming, deceitfulness, cunning, etc)
2. **Mental formation** (mental images/pictures, etc)
3. **Mental states** – all your various mind states and emotions (anger, hatred, envy, jealousy, anxiety, fear, violence, joy, Calmness, peacefulness, etc.)
4. **Mental/karmic volition** – all your mental intention
5. **Mental movements** (to focus, pay attention, etc)