

Brother Teoh's February 26 2019 Tuesday Class Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190226.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190226.jpg>

Book Reference: The Buddha and His Teachings – PATICCA SAMUPPADA (Chapter 25, Page 429 - 430)

A) 1st session: Meditation

1. Bro Teoh gave very clear instructions on how to develop the meditation **as taught** by the **Buddha**.
2. Bro Teoh also explains the stages of anapanasati training leading to the **subtle breathing** and the **silent mind**. How **mind enters sati** and becomes the meditative mind which is **very sensitive** and **different**.
3. The **4 supports** for **awareness base** meditation are i) Relax, ii) Aware (Sati), iii) Maintain awareness for as long as we can (24 hours) and iv) Trust.

B) 2nd session: Dhamma sharing

1. Bro Teoh continued to explain the **dependent origination teaching** from **both perspectives** of the 3 lifetimes (as explained by the text) as well as within every moment of our current life (as explained by Bro Teoh via his meditative training) in **much greater details** this time. The explanation becomes **much clearer** when **all the 12 links** were written on the whiteboard followed by **clear explanation** of **each link** in **great detail** by Bro Teoh. To understand them better please **do listen** to the **dhamma audio recording** and **sharing** from the **52 minutes** onward.
2. With ignorance (**Avijja**) & **Sakkayaditthi** (self-delusion), the so called good we do will continue to be **tainted** with the hidden greed and delusion behind our thought processes.
3. We should develop right views **via wisdom** to use our **conscience** to decide on meritorious actions. This will remove the greed and delusion elements in our actions. **Please do listen** to the **audio recording** from **1:20:00 onwards** to develop the clear understanding. The **next new transcript book** to be printed – '**Understanding the Heart and the Mind**' was also introduced.
4. He re emphasised the **importance** of following the **10 steps** as stated in **Avijja Sutta's enlightenment sequence** closely to develop the cultivation leading to **enlightenment** in the here and the now.
5. The first step is to have dhamma friends to help us remain on the path of cultivation to receive the Buddha's teaching. This will enable us **to keep** the **5 basic precepts** and **constantly listening** to the **true dhamma**, leading to having right views to develop our unshakable faith in the Triple Gems. We should then follow the rest of the practice steps till we reach enlightenment. The **full explanation** on the **Avijja sutta** by Bro Teoh is from **1:23:00** of the audio recording onward. Please **do listen to it attentively** to develop the **clear understanding** of the **10 steps leading to enlightenment** via the **Avijja sutta** as taught by the Buddha.

(Above draft prepared by Sister Yoon Chun)