

## Brother Teoh's 4 June 2019 Tuesday class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190604.mp3>

Youtube Video : [Understanding Karmic Nature and Moral Responsibility](https://youtu.be/uZyzJhkPd40)  
<https://youtu.be/uZyzJhkPd40>

[Important Pointers for Cultivation](https://youtu.be/n2QSOD_PgEo) [https://youtu.be/n2QSOD\\_PgEo](https://youtu.be/n2QSOD_PgEo)

Reference Book: The Buddha & his Teachings: Chapter 30: **Moral Responsibility** Page 469

1. **By SELF is one defiled, by SELF is one purified...** Dhammapada Verse.

**Question:** Does one who commit offences, with kammic retribution manifesting in the next life, escape from its retribution as another "form & mind" bears it?

**Answer:** Not really because the **new** "form & mind" is **from** the same **karmic nature** (Karmic stream of Life) as the **original One** which has died. They are **connected** by this **karmic stream**. The **invisible Stream of Consciousness continues to flow** uninterrupted even after death. One bears one's own **moral responsibility in future lives** if **retribution did not materialise** in the **current life**. It may be a different 'form and mind' but the karmic delusion will condition their suffering.

2. At Death, one is reborn subject to Karma, when we do not have wisdom. When we are born we immediately inherit all its good and bad karmic actions from our karmic nature. But this nature of ours cannot come out and live life, without a form and mind.

3. **Important pointers for Cultivation:**

Bro Teoh advised us not to come to class to listen to Dhamma and go back to lead our usual heedless life as before. It is imperative to **listen** to the **recording again and again, then contemplate** on the subject matter to **understand** its deep meaning. We should listen from our **hearts attentively** (with awareness), even though we may not remember the details. Once we have understood the real meaning, wisdom will arise.

**1<sup>st</sup> Step:** After having associated with dhamma friends, **listen** to the **true Dhamma attentively**.

**2<sup>nd</sup> Step:** Reflect on the **5 daily contemplations**, the **3 turnings** of the **4 Noble Truths**, (especially the first and second turnings) and its 12 modes. Of importance is the **first Noble Truth of Suffering** with its **8 realities** and its **final summary**. Understand **not to attach** and **cling** onto the **5 aggregates of form and mind**.

**3<sup>rd</sup> Step:** Develop **strong faith** in the Buddha and his teachings.

**4<sup>th</sup> Step:** **Initial Wisdom** will arise when the mind is more at Peace. It will then **not stir and react to sense experiences like before**.

4. We need **initial wisdom** for **mindfulness** to **stabilise**. **Determine to be aware** at every moment. This will help us develop Sati. Reduce **unnecessary thinking** so that the **space**

**between thoughts** will increase for us to be **more aware** of our kaya and our mental movements. We will gain peace as with having the ability to drink tea with full awareness without thoughts as per the Zen sayings, "Drinking tea is zazen (meditation)".

5. Then we can develop **Clear comprehension of sincerity of purpose, domain of meditation, Suitability of Actions**, etc. in the here and now and clear comprehension of **non-delusion**. Wisdom will arise. You will have more wholesomeness of mind states with more and more **right thoughts** and be **a blessing to all**. Choose to be happy then **Happiness** and **joy** will follow you. Determine to train with viriya to **constantly** cultivate the **4 Right Efforts to purify** until **even the subtle evil roots** cannot arise. You will be beautiful after that.

6. Go all out to develop **Daily Mindfulness** until there is **Sense Restraint**. It will prevent us from breaking precepts.

(Above outline short notes draft prepared by Sister Hooi Yoon Chun).