

Brother Teoh's 11 June 2019 Tuesday Class Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190611.mp3>

Reference Book: The BUDDHA & his TEACHINGS. Chapter 31: **KAMMIC DESCENT & ASCENT**
Page 473

1. Kamma differentiates living Beings into higher and lower birth. Man can be reborn either as an animal, Peta, Deva or Hell being depending on their kamma. Example of activities in hell can be seen on the murals at the Haw Par Villa Park in Singapore. The **Present life's form** is the **successor** of its **past life's form**, being linked by its kammic energy's manifestation. Our physical body's activities are the external manifestation of our mind. It is **one's kamma** that **determines the nature of one's physical form and character**. We create kamma at **every moment of sense door consciousness** and this consciousness **conditions and influences** our subsequent **thought moments**. One, who may be a criminal yesterday, could today become a saint. Having existed for so many, many eons, one would have acquired many diverse karmic characteristics and experiences. Some of these may be dormant in some lives. An example is Venerable **Devadatta**, a noble prince (the Buddha's cousin) and a monk, can be overcome by jealousy (conditioned from their past encounters) to attempt to kill the Buddha. Another case is that of **Queen Mallika** who had led a holy life but a bad last thought moment at death brought her down to a woeful state for about a week only due to her good karmic inheritance. This doctrine of Kamma and Rebirth is so intricate and complex that most of us, **know NOT where we came from, where and when we would go**. But we are only certain that we must go. When we go, we will leave all possessions and relatives (loved ones), fame and glory behind.

2. When the **Buddha Sasana disappears**, it would be difficult to encounter and practise the Dhamma. Bro Teoh advised us to have the **right view with regards to this law of Kamma, law of mind and the law of dhamma (truth)**. We must also **aspire sincerely** with **strong faith** to make the **Bodhisattva vows and aspirations** as taught by him so as to **continue to associate with the Dhamma to walk the path of dhamma successfully**. In this way we can continue to improve our cultivation in every birth independent of whether the Buddha sasana is still around or not.

3. Sister Tammy asked how to develop the wisdom (panna) spiritual faculties as stated by the Buddha in his teaching of the 5 spiritual faculties. **Wisdom arises naturally** when **Sati and Samadhi are properly developed**. **Faith** will drive us to cultivate **through viriya** to be **ever mindful**. Train our mind to be **very stable in Sati** until we realize **Passaddhi**, the **tranquillity and stillness of mind (Silent Mind)**. We will then **stabilize** it to develop **Samadhi** – a **collectedness and unwavering mind**, which is a **free mind**, and **not in absorption or concentration**. This Samadhi **must not go beyond upacara Samadhi** (access concentration) leading to **appana Samadhi**.

4. With the **Silent mind without thoughts, understanding** will arise. Through **hearing the true dhamma** the **1st turning wisdom (suttamaya panna)** may arise. We should **reflect, contemplate and inquire to arise** the **2nd Turning of the 4 Noble Truths wisdom of cintamaya panna**. This **reflection, contemplation and inquiry** can **stabilize** our **1st turning wisdom** thereby enabling us to **assimilate this stable understanding** into our nature to **arise the initial wisdom (yonisomanasikara)**. With this **initial wisdom**, our mind will **not stir and react to sense experiences** like before then there will be **more moments of peace and silence while living our daily**. This will enable us to **stabilize our Daily Mindfulness** leading to our ability to have **sense restraint** and the **3 ways of Right Conducts**.

5. Then when the **1st Noble truth realities** are **encountered, the mind will not stir like before**. You will have Sense Restraint and **you are incapable of committing any Evil deeds (like breaking the 5 precepts, etc.)**. By then you (your 5 aggregates of form and mind) **must have at least realize the 1st stage of sainthood (Sotapannaship)**. After that you would **have overcome covetousness and greed** to enable you to cultivate the **4 Foundation of mindfulness** to reach the **higher stages of enlightenment**.

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