

Brother Teoh's 25 Jun 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190625.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190625.jpg>

Book Reference: The Buddha and His Teachings by Narada (Chapter 33 - **Nibbana**, Page 490)

1. **Nibbana** (enlightenment) is not a mental state, and it can't be attained. Nibbana is complete cessation of form and mind. - It is a realisation of the unconditioned. Through **wisdom** the **form and mind realizes itself and cease**.
2. If there is **no such thing as the unconditioned**, then **escape from the conditioned world is impossible**.
3. Enlightenment can only be realised if you can transcend duality through wisdom.
- transcending good and evil / birth and death / hot and cold / etc.
4. When wisdom arise, then **delusion/ignorance** that **conditions craving** is no more.
5. Empty nature of existence. Emptiness is not nothingness. There are things but ultimately there is **no reality** for everything is **dependent originating**. Nothing really exist because it is just a phenomena world of consciousness that arise and pass away continuously. There is no permanent unchanging entity that we can call the 'Me' and the 'I'. When the form and mind realizes itself and cease, it realizes nibbana and returns to the source (original mind/true nature/oneness nature).
6. From zero comes One and this One is **a single thought of ignorance** that gives rise to infinity of consciousness. Inconceivable is the beginning of the first thought of ignorance that condition life.
7. This **mundane mind** is **tool** for you to come to this **existential world** and you **must learn to use it**, but **not be deceived** by it.
8. How amazing! This **original nature** is already complete by itself, and nothing is apart from it.
All Dhamma arise from it.
9. Our universe is so immense; even after venturing 15 billion lightyears away, there is still no sight of a boundary
- human beings on this earth are but an insignificant speck of dust in this rather immense universe.
10. Cessation or Nibbana: the 3 areas of consciousness return into one (at the heart area) and ceases. Even the pure awareness is also no more. Everything (the whole form and mind) cease.
11. During the **death process**, the **energy** or **craving force** that **binds our consciousness to our body** starts to dissipate and finally cease then the remnant of consciousness will be free to come out. If one has the dhamma understanding to realize that nothing dies, one will be able **to laugh and feel joy** (instead of fear) when confronting death.
12. Bro Teoh did a review of 13 Jun 2019 Thursday class outline short notes.
13. Sis Tammy shares her experience regarding pain during meditation; observing it as a pulling sensation until there was no more pain.

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