

## Brother Teoh's 2 Jul 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190702.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190702.jpg>

Youtube Video : [What is Nibbana?](https://youtu.be/I5eUWGZfYcc) <https://youtu.be/I5eUWGZfYcc>

[Understanding Life and way of practice](https://youtu.be/6-HCOBbFYpQ) <https://youtu.be/6-HCOBbFYpQ>

**Book Reference:** The Buddha and His Teachings by Narada (Chapter 33 - Nibbana, Page 492)

1. Only the form and mind that goes through the cessation will understand what Nibbana is. The wisdom will be connected to the current form and mind, but this form and mind is not “you” (i.e. not a permanent unchanging entity).
  - a. The form and mind is just a vehicle and a tool, karmically conditioned for “you” to come into this world.
  - b. “Your” karmic nature conditions a ‘form and mind’ to manifest (again and again).
2. Sis Adeline shares that Nibbana is a state of total freedom with no duality, and the 5 aggregates completely cease.
3. “Enlightenment with residue” – is when one realised Nibbana (goes through cessation) but the lifeforce is still there (as it is not yet time for the 5 aggregates to disperse), so the consciousness will come back to the physical form.
4. A glimpse/moment of cessation is enough to awaken the form and mind to realize the 1<sup>st</sup> and 2<sup>nd</sup> stage of sainthood enlightenment.
5. Nibbana is the unconditioned/unborn/unoriginated/unmade, it is the highest bliss, no more suffering to confront.
6. “As there is an unborn, unoriginated, unmade, and unconditioned, an escape for the born, originated, made, conditioned is possible.”
7. This form and mind need a lot of sustenance to survive, and must confront suffering (illnesses, aging), experience separation, and experience problems that comes with life (e.g. relationships, career, loneliness, etc.)
8. If you don't have a form and mind that needs air to breathe, water to survive, food to sustain, etc; would you want to stay in this world?
9. For us, Dhamma friends, we are very lucky because we know the Dhamma and is able to **apply the teaching** to avoid all those **tragedies (unnecessary mental suffering)**. We know how **to plan our life**, through following the beautiful advice of the Buddha to avoid all evil, cultivate wholesomeness, and keep the **5 precepts** so that our **karmic nature** is taken cared of.
10. When one walks the **Bodhisattva way**, one is able **to live life** to the **fullest**. Having **realised cessation** and **yet still able to return to society** with **such beautiful understanding**. Life becomes **meaningful, beautiful** and **wonderful**.
11. The sainthood-way is important, to understand that escape from suffering is possible; that there is such thing as the unconditioned.
12. The conditioned and the unconditioned are complete opposites. Yet **understanding of both** (the conditioned and the unconditioned) are required to **fully understand** life. That is how to live the good and wonderful life of an enlightened being and for oneself to come into life again in future with such understanding.

13. We are indeed **very blessed** to have the **opportunity to live** in this **golden era**; especially to have the Dhamma, the merits and the financial means to **experience** all of the **beauty and wonders** of life in this **transforming digital** civilisation (with its vast possibilities and great potential).
14. This understanding is priceless and completely liberating. With the Dhamma, you will have the parami (to live the good life) and life becomes smooth-sailing and beautiful. You will know how to take care of your karmic nature and time will be on your side.
15. The true mind never dies, its spiritual nature grows with wisdom.
16. You don't have to be rich to be happy. Dhamma makes you truly richer than any materialistic wealth can give. Happiness derived from material things may be stolen or lost, but spiritual happiness will never be lost.
17. Sis Adeline asked for clarification of the phrase "You need to have the condition to realise the unconditioned"
18. Condition does not mean you need to renounce to become a monk/nun. It is not the robe that makes one a monk.
19. Having the condition means to have the **serious resolve** to choose the **spiritual path** and **to cultivate sincerely** with **strong faith** and understanding. Even as a lay person, if you have the resolve/faith/sincerity, you will progress really fast. In fact, progress will be even faster because of the myriad life's conditions and relationships available to test you.

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