

Brother Teoh's 23 Jul 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190723.mp3>

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A. Recap of last week's sharing.

1. Brother Teoh did a revision and recap of last **Tuesday class's** (16 Jul 2019) outline short notes by reading through it again.
2. **Wisdom** which is an **understanding** (awakening) **connected** to the form and mind is **not a knowledge**.
3. Without going through the **cessation** of Nibbana, one **can never understand** the **true depth** and **meaning** of the Buddha's' teaching. Even **a glimpse** of it (the cessation) is good enough.
4. **Without** the **wisdom**, this form and mind **cannot cease**. When the form and mind cannot cease, it **cannot** understand what Nibbana is.
5. When the form and mind **cease**, it is **fully aware** of the whole process. This form and mind after the **cessation**, after the **consciousness** comes back (or return to the form and mind), will understand everything very clearly. The **consciousness** will undergo an **extraordinary transformation**.
6. 不生不灭 (**Non-arising and Non-ceasing**) is a **Nibbanic 'state'**. One need to go through this 'state' of '**Non-arising and Non-ceasing**', to **realise** the **unconditioned**.
7. Beyond the **conditioned world** is the **unconditioned** which is **not possible** to **express with words**.

E.g. similarly there's a famous saying from the Tao's teaching that goes as follows:

Whatever that can be described, spoken or talked about, that is not the true Tao (道).

Yet nothing is apart from the Tao (道).

Everything arises from the Tao (道).

8. Sis Yoon Chun asks "At the first **glimpse of Nibbana**, is that person already a Sotapana?"
9. Yes, that **form and mind** is **at least** a Sotapana. The **glimpse** of Nibbana is **very powerful**; resulting in a **significant change of lineage**, from a **Puthujana** (a lay person) to an **Ariya** (an enlightened being). In pali it is called '**Gotrabhu' nana** (one needs to realize this Gotrabhu insight

leading to change of lineage).

10. After the glimpse, everything the person see/feel/think becomes totally different. With the **direct seeing**, all Dhamma becomes **so clear** and **easy to understand**, especially **self-delusion** or **sakkayaditthi**. The mind becomes **so fine, so sensitive**, and will **keep going into cessation** (cessation keeps happening, lasting longer and longer).
11. According to Bro Teoh this year 2019, marks his **15 years of dharma sharing** with the world since 2004. This coming **6 October 2019** - annual **Lunch gathering of kalyanamittas @ F1 Kitchen, Puchong** will be our **15th anniversary** celebration. As such, all kalyanamittas are **encouragement** to join our coming 6 Oct 2019 Lunch cum Birthday annual gathering of kalyanamittas celebration.
12. Sis Adeline asks, "If someone goes through cessation, would there be changes to their chakras?"
13. **Cessation has nothing to do with external opening of chakras** because **cessation** can only **happen** when **wisdom is realized**. Opening the chakras before having the wisdom, is equivalent to "tempering" with the chakras and this tempering can cause Yin & Yang energy imbalance.
14. Only **wisdom** is required for **Cessation to happen**. The mind must become **very fine** and **still**, with a very stable **mindfulness** and **wisdom connected via an awakening**. At the **moment of sense contact**, the **wisdom** would **not allow** the **mind to move, stir or react**. The mind becomes **very beautiful**, because it is **well trained** and **skilful**. It already has the understanding.
15. The true internal opening of **chakras** occurs after **you have connected** to your **true nature** (via your **gateway** to your true nature). The **pure nature's** very **fine stillness** cum **wisdom pure energy** will **activate** the chakras and nadis **within** on its own via **trust**.
16. Without **interference** from the **mundane mind**, just **trust your nature** and let the **external Yin & Yang energy flow** through your **gateway**, "turning" it into **pure energy**. This is using the **4th support of trust to meditate**.
17. When the mind (with the **wisdom energy**) becomes **so fine**, the gross energy of the **mundane mind** is **no longer** able to **withstand it**; then the **mundane mind will collapse**, falling off like a layer of consciousness ("Veil of ignorance") occurring in front of your forehead.

B. Book Reference: The Buddha and His Teachings by Narada (Chapter 35 - The Way to "Realise" Nibbāna, Page 512)

18. Middle path or way has 2 meanings:
 - (a) to avoid the **2 extremes** of **self-mortification** and **self-indulgence**.
 - (b) to **transcend duality** via wisdom (**not judging**; having instead a **natural acceptance** for "what is").
19. **Right thought and Right efforts** are still thought-based, hence should be **categorised** under Sila.

20. [Sabba pāpassa akaranam](#). [Kusalassa upasampadā](#). [Sacittapariyodapanam](#). [Etam Buddhāna sāsanaṃ](#).
All evil must be avoided. Whatever that is wholesome, if there is condition, do. Purify the mind. That is the advice of all Buddhas.
21. **Q for the class:** When an animal kills due to animal instincts, is it excusable? Or would there be karmic consequences?
22. Karma is, *'You reap what you sow'*, hence there is always **karmic consequences**.
23. The 5th **daily contemplation** as taught by the Buddha: *'We are born of our karma, heir to our karma, conditioned and supported by our karma; we are what we are because of our karma'*.
24. **Sense restraint borne of understanding** is **very profound**; it's NOT blindly **suppressing/controlling/bottling-up without** being **aware** of **the evil roots** causing the **internal conflict within oneself**.
25. The real cultivation is the **5 Spiritual Faculties** and the **4 Foundations of Mindfulness (daily mindfulness)**.
26. For the **sharing of true-life stories** during the class, please listen to the recording.

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