

Brother Teoh's 6 August 2019 Tuesday Class Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190806.mp3>

Book Review: The BUDDHA & his TEACHINGS

Chapter 36: **THE WAY TO NIBBANA** through **Meditation** Page 530

1. There are **40 objects of Samatha meditation** (kammathana) are:-

10 kasina; 10 impurities (Asubha or corpses), 10 Reflections or Anussati

4 illimitable (4 Brahmavihara), 1 loathsomeness of Material Food

1 Analysis of 4 Elements, 4 Arupa Jhanas.

Above meditation leads to **concentration** of mind and **energy field**. They are **thought based** in nature. Not awareness based type of mindfulness meditation.

2. (a) The **10 Kasina** are:

- earth (*paṭhavī kasina*),
- water (*āpo kasina*),
- fire (*tejo kasina*),
- air, wind (*vāyo kasina*),
- blue, green (*nīla kasina*),
- yellow (*pīṭa kasina*),
- red (*lohita kasina*),
- white (*odāta kasina*),
- enclosed space, hole, aperture (*ākāsa kasina*),
- bright light (*āloka kasina*)

(b) The **10 Anussati** are:

- Buddhanusatti- reflection on the Virtues of the Buddha
- Dhammanusatti – Reflection of Buddha's teaching/ doctrine
- Sanghanussati- Reflection on the virtues of its Pure disciples
- Silanussati – Reflection on ones' Virtues
- Caganussati – Reflection on one's own charitable nature
- Devatanussati – Reflection on Faith and Virtues with Deities as Witnesses
- Upsamanussati – Reflection on the attributes of Nibbana-Cessation of Suffering
- Masrananussati – Reflection on Death, fleeting Nature of Life. (This practice makes one realise the urgency to cultivate, especially when we exceed 70 years of age).
- Kayagatasati -Reflection on the 32 Impure Body Parts. Leads to Dispassion
- Anapanasati -Mindfulness on respiration and the 4 postures.

3. The **4 Brahmavihara** (Sublime states) are:

Metta (Loving kindness), **Karuna** (compassion), **Mudita** (sympathetic Joy) and **Upekkha** (Equanimity).

(With Universal Love, the heart opens to radiate love to all beings. This pure metta energy flows out soothingly from the heart. It goes beyond boundaries. Even animals and non-humans can feel the metta/love).

4. Through **samatha bhavana** or **meditation** one can develop the following **5 Supernormal Powers** (Abhinna):

- a) magical powers (iddhi-vidha),
- b) divine ear (dibba-sota),
- c) penetration of the minds of others (ceto-pariya-ñāna),
- d) remembrance of former existences (pubbe-nivāsānussati),
- e) Divine eye (dibba-cakkhu).

But the above supernormal powers **does not lead** to enlightenment. To **realize enlightenment** one must **release** their jhana concentration out to **normal awareness** to cultivate **insight meditation**.

5. Many people can attain **Arahantship** without developing Jhana. Instead they **cultivate vipassana insights** leading to the **real abhinna** of **extinction of all cankers** (āsavakkhaya).

6. The **8 Worldly conditions** are:

- Gain & Loss,
- Pain and Happiness,
- Fame & Ill-fame,
- Praise and Blame.

These dualities are the **worldly phenomena** of life. Cultivators must learn to **transcend** them with **wisdom**. Don't attach and cling to them, otherwise suffering will be the result.

7. **Panca Nivarana (5 mental Hindrances)** – they are: *Sensual Desire, Ill-will, Sloth & Torpor, Restlessness & Worry and Doubt or Indecision*. These mind states **hinders our mind** from **entering** the **meditative states** of **inner peace, calmness** and **awareness** to develop the meditation.

8. Need **Wisdom to root out** these **mental hindrances** via cultivating the opposite **5 Spiritual Faculties** to counter them.

- The spiritual faculty of **Faith** in the Buddha and Dhamma will help overcome the mental hindrances of **Restlessness** and **Doubt**,
- The spiritual faculty of **Viriya** (or **Zeal**) will help us overcome the mental hindrance of **Sloth & Torpor**; drives one to cultivate Sati.
- The spiritual faculty of **Sati** (which is the **silent mind** in tranquillity) can help us overcome the mental hindrances of **sensual desire** and **ill-will**.
- When we stabilise **Sati**, our mind will be **composed, collected** and **unwavering**, leading to **Samadhi**. At this stage, we **can see things as they are** and the **reality as it is, understand** how we **function** as a **Human being**, via **seeing clearly the 12 links** of the Paticca samuppada.
- With sati and Samadhi, **wisdom** or the **panna** spiritual faculty will arise. With wisdom all the 5 mental hindrances will cease and the mind will be in the meditative state all the time because no more mental hindrances.

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