

## Brother Teoh's Aug 13th 2019 Tuesday Class Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190813.mp3>

Book Review: The BUDDHA & his TEACHINGS

Chapter 38: The way to realize Nibbana Page 543

### 1. Transient and Sorrowful are all Conditioned Things Soulless are both the Conditioned and the Un-conditioned.

- Impermanence is a **Universal Characteristic** of Nature that is to be **realised**. **Non-Self** (Anatta) means it is not a **permanent unchanging Entity**. It also implies **Empty Nature** of Existence.
  - Both the **conditioned and unconditioned Dhamma** must be **understood** to enable one to **Truly understand life**.
1. **Jhana (Jhanic state)** only **suppresses** and **inhibits** the **mental hindrances** temporarily. Hence Evil tendencies can still surface anytime in the future when there is condition. Only **Insight born of Vipassana** meditation can **wholly eradicate** them with **Wisdom (Panna)** after *realising the 3 Universal Characteristics of Impermanence, Unsatisfactoriness and Non-Self*.
  2. Our **present existence** is due to past causes of Ignorance (Avijja), Craving (tanha), Grasping (Upadana), Kamma and Physical food of Present Life, etc.
  3. Everything is in a state of **constant flux** within the **conditioned arising** and **dependent originating** world.
  4. Eventually, when one **realises cessation** (a glimpse of Nibbana) for the first time, one becomes a **Sotapanna** or a Stream Enterer. With this **change of Lineage** one becomes an Ariya (a Noble One). One has eradicated the first 3 Fetters of the 10 fetters that bind living beings to samsara. They are:
    - A) **Sakkayadithi**, - Wrong understanding (self-delusion) that believes in a **permanent unchanging Self**.
    - B) **Doubt** with regards to the existence of Buddha, Dhamma and Sangha, Disciplinary Rules, Past and Future and the law of Dependent Origination.
    - C) Adherence to **Wrongful Rites and Rituals**A Sotapanna will not violate any of the 5 Precepts and will have a maximum of 7 more lives to live in the sensual Realms till it becomes an Arahant.
  5. With further cultivation he will progress to a **Sakadagami** (a Once-Returner) stage by weakening 2 more Fetters, **Sense Desire** and **Ill will**. He may still show occasional signs of *subtle anger* and craving. He will be born in the Human Realm only once before realising Anagami leading to Arahantship.
  6. The third stage of sainthood is an **Anagami** (a Non-returner). He would have uprooted the next 2 fetters of the previous stage entirely with the balance of the last 5 fetters of minor conceit or Pride (**Mana**), **Restlessness (uddhacca)**, **Ignorance (Avija)**, **attachment to Form Realms and Formless Realms** remaining. After death, he is reborn in the Pure Abodes to complete his cultivation.

7. Those in the **first 3 Stages** of Sainthood are term **Sekhas** as they still require training. However, an Arahant do not need any more training and is known as an **Asekha (beyond training)**. He is not subject to rebirth as he does not have any more avijja.
8. The Anagmis and Arahants can go through uninterrupted **Nibbanic Cessation** for 7 days or longer. In this cessation (which is the **unconditioned**) his **mental activities** (including the **pure awareness**) all ceased. His stream of life force consciousness also temporarily ceases to flow, but the body's vitality and faculties are still intact. He **appears to be dead** with **no respiration, no heart beat (pulse)** and **perception**, but his life force will return to his body eventually.
9. Bro Teoh reviewed the outline short notes of August 8 2019 Thursday class **regarding awareness, daily mindfulness** and how to develop the **requisite wisdom to see and accept things as they are.**

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