

## Brother Teoh's 10 Sep 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190910.mp3>

Youtube : [Meditation and Cultivation Q & A Session \(Body & Mind\)](https://youtu.be/oBUtF-1-19o) <https://youtu.be/oBUtF-1-19o>

(Sharing from participants of their recent 10 days retreat at Ajahn Anan's way place in Rayong, Thailand).

1. Bro Song recollects that on the 1<sup>st</sup> day, he suddenly became **aware** while resting, due to the strong energy reverberating at the way place, from 3am to 6am.
2. As he started his day **paying respects** at Kuan Yin's vihara, the **mundane mind** became **active** and **started** "running wild". He **relaxed** and **stayed** with the phenomena **without resisting** until it stopped. As soon as it became **quiet**, the **thought proliferation** began again. This cycle repeated, and upon the 3<sup>rd</sup> cycle, he **can feel** that there was corresponding **physical tension**, around **his shoulders area**, when the **mundane mind** was running wild. This is usually a test. Then a message surfaced from within his nature, prompting him with the **answer**, that "**only wisdom frees, nothing else**". This allow him to develop the faith and understanding to deal with the situation.
3. **His mind then became very peaceful** throughout the **subsequent meditation** session. Then, he **threw up an enquiry** "*With so many deluded beings, how can everyone become Buddha?*" Contemplating the enquiry, suddenly he realised the understanding, that within everyone, there is the same **Buddha nature**, and thus, we are all capable of being enlightened.
4. While maintaining his **daily routine** of **chanting** and **taking of the bodhisattva vows**, the energy reverberation continued and it became **more and more subtle**, until **every word being chanted becomes crystal clear** with strong **affirmation**, and **everything seems bright/illuminated**; the **heart overflowing** with **deep gratitude** for having the **affinity** with **great beings** to **cultivate** and **walk the path of Dhamma**.
5. While lying down in meditation, his **breathing became slower** and **longer**, and his **body felt light**. For about 20 minutes, **his mind** (after settling down) become **completely still**, without **thought**, while in a **free mind state** (i.e. **not** in a **conditioned state** of concentration).
6. Sis Yoon Chun adds that towards the end of the retreat, Ajahn Anan commented that a dewa hinted to him that one of the **cultivators at his way place has seen the Dhamma**. (...For more details, please listen to the audio recording)
7. Bro Teoh explains that the **reverberation** described by Bro Song can occurs when one has detected the gateway to one's true nature (near the heart area) and draws the wisdom energy (that is the pure energy). If one can **just relax** and allow **the nature** to **develop the meditation** from **within** via **'trust'** (*without the interference of thought*) then all the external **Yin** and **Yang energies** will 'melt' into the gateway thereby becoming **pure wisdom** energy with perfect yin and yang balance.
8. This wisdom **energy will slowly** transforms **the nature** within **until its vibration is so fine** that the **mundane mind** (which is **too gross**) will **collapse**, until the whole thing (like **a layer of consciousness at the forehead**) just **drops off**. Then the **form and mind**, with the **true nature within** will **shine forth**, thereby enabling it to have the ability to really "*see*" *the world as it truly is* and becomes **very potent** at **Dhamma investigation**. After that Wisdom and understanding will keep arising, at **every enquiry** and **contemplation** (into the phenomena around and within you).
9. **After going through** the **cessation** of consciousness (or **glimpses** of it), and later **experiencing** its **re-emergence** (of the consciousness), the form and mind connected to it will have the understanding. It can then "*see*" clearly how the sense data approaching the form and mind **to form sense experience** in **slow-motion** before the momentum of

“thought-generation” picks up, then you will start to understand what this form and mind is all about including understanding “who you are” and “what you are”.

10. Later on when your nature strengthen and stabilize, cultivators around you will be able to draw your nature’s energy too. There’s no need to worry, as it never depletes, and on the contrary, it only keeps expanding to become stronger as they draw from your nature. In fact, the more it is drawn, the stronger your wisdom energy grows.
11. Without **yoniso manasikara** (wise attention) at the moment of **sense experience** one will **continue** to cause immediate **stirring** and **reaction** of one’s mind, **leading to** habitual tendencies. With yoniso manasikara, one’s mind will **not stir** and one will have **more moment** of **space** between **thoughts and peace** leading to **a stable mind** that is in **sati most of the time**. When this happens the **daily mindfulness** will **arise and stabilize**, then we will be **able to be aware** at **the moment** of **sense experience**. Then one will understand, ‘In the sense experience, there is just the respective **sense door consciousness**, without the concept of “I see, “I hear”, “I feel”, etc. as yet’ because the egoic mind **has not** inputted the content of consciousness borne of self-delusion as yet.
12. With yoniso manasikara and daily mindfulness established, there will be **sense restraint**, as you **won’t be deceived** or **drawn** by the sense experience. Thus, allowing you to overcome covetousness and grief (i.e. you won’t break your precepts anymore). And thus, being able to arise the **3 ways of right conduct automatically** (i.e. right thought, right speech, and right action). Hence, **with wisdom comes true virtue**.
13. Upon reaching the **3<sup>rd</sup> stage of Bodhi mind** development (**Bodhi mind** that **illuminates** Buddha nature as enlightenment – meaning **you not only awaken** but you **manage to illuminate** that **true nature within** until it is so clear; which means you **manage to connect** to the **gateway** to your **nature within**), then you will **no longer regress**. With this you are able to **transform** and **illuminate** that nature within until it is very stable.
14. When you **can be at the moments** of “**No thought**” in a **free mind state** (borne of wisdom), you will **realise** the **silent mind** (your true mind). Upon **detecting** your **nature’s gateway** with the **silent mind**, you will do the **gateway cultivation** via ‘Trust’ to realise the **understanding** of “No mark”.

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