

Brother Teoh's 24 Sep 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190924.mp3>

Youtube : [How to develop Wisdom when Fear arises](https://youtu.be/pOapqaS9Pho) <https://youtu.be/pOapqaS9Pho>
[Application of the Buddha Dharma to overcome the delusion of superstition and traditional beliefs](https://youtu.be/CgA81RE14tc)
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1. Review of past 2 Tuesday class short notes (10 Sep 2019 and 17 Sep 2019).
2. Interesting stories from Sis Yoon Chun, Sis Adeline and Sis Padmasuri (covering Tudong on a highway, Mae Chee Amy's encounter with a ghost, a Brahmin's obsession with orderliness within his rest house, etc.)
3. Whatever that is **rigid**, is **not** the **true Dhamma**. **True Dhamma** stands up to **investigation** and it is **not rigid** because it is an **understanding** which **accords** and **flows** with conditions according to **wisdom**. (Knowledge, opinions, and superstitions when attached to, makes one rigid).
4. Sis Padmasuri shared her recent retreat experience in Thailand, on issues she learned and faced while there. She shared how she experience good mind states and also how she deals with fear while there.
5. Bro Teoh shared that fear can be **confronted with understanding** to develop the **wisdom**. Chanting metta sutta to overcome fear **must be done with understanding**. Better to find out first, as to how chanting this metta sutta can help. Bro Teoh **shared a real life example** of how this can be done. He shared how he resolved an episode in 1989, when his son on one occasion made crying sounds while in his sleep, which was related to the pre mature death of his third child (due to Rubella) some months before that incident. (For details on this story and other stories about **non-human** encounters and **superstitions** shared during the class, please listen to the recording. Bro Teoh also shared how, dhamma can be applied to help resolve problems concerning non-humans and superstitions etc.)
6. Chanting is **merely a skilful means to keep calm and do away with the fear** but it is usually not a full proof solution.
7. **To apply the Dhamma**: one needs to remember (or understand) that Fear is **not intrinsic** to you. If fear arises, stay with the fear (or whatever emotion like anger, hatred etc.) When you **can be silent (without thought)**, and **able to be** with the fear, fear will dissipate and finally cease because it is **dependent originating** (a causal phenomenon) borne of delusion. After realizing this in the meditation then **enquire** and **investigate it**; only then will you be able to develop the stable contemplative wisdom/understanding to overcome it.
8. It is the **thought** that fears: Sankhara movement is a projection of thoughts due to self-delusion, and this is what conditions your fear. If you **are just aware** *without the wrong thoughts*, **fear will cease**.
9. Only **Virtue** borne of **cultivating the Noble 8-fold path** protects. All your merits borne of your **virtuous thoughts, speeches** and **actions protect**. Example, importance of Right speech (wrong speech **not only offends** people, but **non-humans as well**. It will also condition karmic negativity).
10. **Non-humans** also have **delusion**. They are **without a physical form** so they can't really harm you **but** they are capable of **intensifying** your fear. So keep calm, have faith in triple gem and **do not fear**.
11. Sis Alicia asks whether fear is response to accumulated conditioning/phobias/memory/habitual tendencies.

12. The form and mind, is not you? Investigate into this statement: Before fear arises, there was no fear. Who fears? What fears? Trace its origination factor via mindfulness.
13. Sis Padmasuri shares moments in the retreat when she is able to maintain clear awareness, feeling relaxed/natural.
14. Bro Teoh cautioned kalyanamittas **not to grasp / seek the conditioned state**. It doesn't mean anything if you don't know how to use it to benefit your cultivation.
15. Make use of that **mind state** (silent inner awareness), **to reflect and contemplate** the Dhamma; to develop the **understanding** and **cultivate heedfulness** (ever mindful and constantly meditative). This is the state of mind you **should have throughout every day, not only** when you are **in retreats** (which is a conditioned state, i.e. temporarily induced by the **conducive environment and tranquil setting there**).
16. The **daily religious routine** is very important. *Constantly listen to Dhamma, cultivating the N8FP (1st/2nd/3rd turnings wisdom); reflect and contemplate, inquire, straighten your view and apply this understanding while in the midst of life. Until it is part of your nature, until you embody the N8FP.*

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