

Brother Teoh's November 19 2019 Tuesday Class Outline Short Notes.

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-191105.mp3>

Chapter 42 PAGE 612: BRAMAVIHARA – THE 4 SUBLIME STATES

Bro Teoh went through the **outline short notes** of his **last Sunday** (17 November 2019) dhamma **talk in SJBA** entitled **Understanding Life, Its Purpose and Meaning** from a **Buddhist perspective**.

He then asked **for our understanding** of **how should we cultivate** and **plan to live our life** as a true Buddhist.

Sis Alicia answered that **we should cultivate** following the **advice of all Buddhas to Avoid all Evil, Do Good and Purify our minds**. We should **develop mindfulness**, leading to **heedfulness** to cultivate **Noble 8-Fold path**. To avoid all evil, **we should understand** what **constitute evil** and **diligently keep** our 5 precepts. To cultivate wholesomeness, **we should understand** what **constitutes wholesomeness** of right thoughts, right speeches, right living and right actions then cultivate the **4 right efforts**. To develop wisdom, we should **constantly listen** to the **true dhamma** to develop the 1st and 2nd **turnings initial wisdom of yoniso manasikara** to **straighten our views**. Then to purify mind we should **cultivate daily mindfulness** and the **formal silent awareness based meditation** to **transcend duality** and **awaken** to the **truth**. That is **to understand** that technically, there is no Right and Wrong, no division, as this only leads to arguments, conflict and misunderstanding because these are **relative/conventional truth**, not **ultimate truth**. It is always right according to who? We can then Transcend Duality. Wisdom leads to acceptance of 'what is', the reality of the moment so that we are at peace and will not stir our mind to react to sense experiences.

Sis Tammy then shared her experience as a coordinator to resolve differences of opinions.

Sis PG also shared that she has reduced her reaction to views that differed from her understanding and have developed more patience with the understanding of the Dhamma.

Without wisdom, we are deluded and we tend to have Criminal tendencies borne of the 3 evil roots of Greed, Hatred and Delusion. We should remove these **latent vices** which will cause our karmic downfall by cultivating our **dormant virtues** (virtues that are still not in you), especially the 4 Bramavihara of metta, karuna, mudita and uppekkha.

- ANGER, (Dosa) is subdued by Loving-Kindness (METTA).
- CRUELTY (himsa)'s antidote is COMPASSION (KARUNA)
- JEALOUSY (Issa)'s antidote is APPRECIATIVE JOY (MUDITA)
- Positive Carving (Sensual desire) is Attachment to pleasant sense experience &
- AVERSION is negative craving or dislike/unpleasant sense experience and their antidote is EQUANIMITY (UPEKKHA).

These are the 4 Sublime mind States that will elevate us. Other virtues are generosity, sincerity, contentment, respect, humility, gentleness, pleasantness, kindness and goodness, appreciative mind, etc.

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