

Brother Teoh's Dec 3rd 2019 Tuesday Class Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-191203.mp3>

Book Review: The BUDDHA & his TEACHINGS

Chapter 42: **THE SUBLIME STATES** Page 629

1. KARUNA – is COMPASSION, the 2nd of the 4 Sublime States or Virtues. Described as that which makes the **hearts compassionate** and **caring** when seeing suffering and **wanting to help relieve** the woes and suffering of others. Compassion compels one to serve and care for others with an altruistic mind. This is good as long as one is not too **gullible** to be compassionate without the **right understanding**. Do not be a 'Good-hearted Fool', as mentioned by Late Chief, K Sri Dhammananda Maha Thera of Brickfield Maha Vihara, Kuala Lumpur.

2. People suffer when they are faced with Sickness, Aging and death, inevitable situations. So, we should offer help when conditions are present. As advised by the Buddha: **He who serves the SICK serves me.** When one helps the sick, it is like assisting Buddha attend to the sick.

3. The Materially rich should help the Materially poor, likewise the Spiritually Rich who have compassion should help the Spiritually poor, although they may be rich materially. **Wealth alone cannot give Happiness, but Peace of Mind can.**

4. The **Vicious, Wicked and Ignorant** deserve compassion too, as they are spiritually and mentally Sick. They need more compassion. An example is **Ambapali** and **Angulimala** during Buddha's time, who managed to convince and convert them to be his disciples. Another example is **King Asoka** who was very cruel in his younger days but was changed with the words of a Novice monk and became a strong follower of Buddha's Teaching. Compassion embraces all sorrow-stricken beings, whilst Loving kindness embraces everyone.

5. Sis Tammy shared her visits to the Homeless with the Kechara Soup Kitchen teams. They were an eye opener to the suffering of the Urban poor and Destitute.

Bro Teoh related the causes and conditions behind their present life situation, which is mainly due to their past Karma's delusion.

(Above draft was prepared by Sister Yoon Chun)