

Short notes to our Tuesday class sharing dated 16.1.2018:

Audio mp3 : <http://broteoh.com/wp-content/uploads/2018/01/Teoh-Tue-180116.mp3>

Whiteboard Note : None

1. Bro. Teoh gave a **Guided meditation** on **how to train** one's mind to be **mindful** to develop the **meditation** as taught by the Buddha.

2. **Nature's Universal laws** or orders This whole **universe is governed** by these **5 natural universal laws** (Panca nyamas) or orders: they are Nature's **physical order** (utu niyama), **biological order** (Bija niyama), **law of karma** (karma niyama) , **law of mind** (citta niyama) and **law of truth** (dhamma niyama). Hence All beings are also subject to these laws. The 1st two are **scientific laws** and the last three are **spiritual laws**.

3. **Mindfulness** will arise when our mind is **not crowded** with **thoughts**, for mindfulness is **awareness before** the **knowing** or **the arising of thought**. When we are **mindful** we will be more **aware** of our **own mental** and **physical movements** and **our environment** and **surroundings**. We will also be **more sensitive** to our feelings and emotions including the **emotions** of others around us - we can feel and sense their fear, worry, anxiety and sadness etc. The problem is most people can't cut off their **heedless thinking**, **mental chattering** and **inquisitiveness**. Such **mental activities** (which are our **thinking** and **emotions**) uses up a lot of our **life force energy**.

4. Bro. Teoh did a **detailed review** of our previous **9th Jan 2018 Tuesday class sharing** by going through its printed short notes. These **review and short notes** will help kalyanamittas (especially the newer ones) to better **understand** all that were shared during the classes.

(**Note:** The above draft short notes was prepared by Sister Hooi Yoon Chun)