

Short notes for 6th of Mar 2018 Tuesday class Dharma Discussion

1. Sister Mimi shared *her meditative experience* at an earlier **self-retreat (last month)** in Ajahn Anan's way place in Rayong, Thailand. On the 3rd days of the retreat onwards, *she experienced calmness, spiritual joy & the blissful state* of mind. Then later on she **experienced** the *continuous mindfulness* leading to the **silent mind** to realize the *pure awareness* mind which she realize is **different** from the *mundane perceiving and thinking mind*. She **also said**, she later after contemplation came to understand what **non-attainment** and the **unreality of form and mind** is and she **also shared** how she **went into a blank state** and manage to get a *glimpse of what the cessation of mind...nirodha samapatti* (extinction of feeling and perception) is. Sadhu! x 3.

2. Sister Anne Choong covered **chapter 13** of 'The life of the Buddha and his teaching' on the topic 'The Buddha's Daily routine'. The **Buddha's daily routine** is really **extraordinary** which **no ordinary human being** can do. His is full of **love, compassion, wisdom** and **selfless sacrifices**.

3. Sister Han reintroduce the topic shared by Sister Huol Rung (earlier on), on the **importance of cultivating Sila for discussion again**. She said, Sila or precepts are related to the following **essential dharma** as taught by the Buddha: **Dana, Sila and Bhavana and Sila, Samadhi and Panna** of the Noble 8-Fold Path. Bro Teoh then re explained the importance of **keeping precepts** or **Sila via quoting** the Buddha's advice as given in his chanting stating that: Precept is the **source of spiritual happiness**; Precept is the **source of spiritual wealth and Precept is the source of spiritual peacefulness of mind**. Bro Teoh also **advocate** the **use of power of truth** via Sila and aspiration to help us overcome our life difficulties, just like Venerable Angulimala's case.

4. Sister Huol Rung's sharing: From the sharing given by Sister Anne she came to understand that the Buddha is **very clear** of his **unselfish mission to benefit others and the world**. Asked if we know our own present life's **spiritual mission** or not?

(Notes: The draft short notes was prepare by Sister Yoon Chun)