

24th Apr2018 Tuesday class outline pointers

Audio mp3 : <http://broteoh.com/wp-content/uploads/2018/04/Teoh-Tue-180424.mp3>

Whiteboard Note : None

1. Announcement of forthcoming Sunday's Dana at Sister Hui Rong's house.

- Sister Hui Rong was concern that the turnout could be very low. Bro Teoh advice her not to worry because Dharma works in the strangest of ways; if it is meant to be, it will be and conditions will arise accordingly. Of course the more the merrier, but few also no problem because we can have a more informal house dana.

2. Bro Teoh's sharing from the Book - "The Buddha and His Teachings" (Chapter 15, Page 281):

2.1 Difference between blind faith and true faith

- confidence based on understanding is true faith
- unshackling the first 3 of the 10 fetters that bind living beings to Samsara

2.2 Reference of "oneself" in Dhammapa v145

- Understanding the 2 aspects of form and mind are required for cultivation

2.3 Paying respect with understanding is NOT idol worshipping. Its benefits are:

- strengthens faith
- cultivates humility
- It is one of the 10 meritorious actions
- 4 things grow: **Ayu** (long life), **Vanno** (fair complexion), **Sukham** (happiness), **Balam** (spiritual strength)

2.4 Noble 8-fold path

- A very **beautiful** and **rather comprehensive meditative** understanding - covering all aspect of life
- leads to wisdom and realisation of the supra mundane (the unconditioned)

2.5 Buddhism - Teachings of the Buddha is the **Dharma which is the **Truth****

- pointing direct to the mind (the 2 minds - **mundane mind** and **true mind**)
- Explaining the **ultimate of mind**.
- 3 ultimates of the **mundane mind** are **rupa**, **citta** and **cetasika**
- The ultimate of the **supra mundane** or **True mind** is **Nibbana**.
- Returning to the **source** (to realize Nibbana) > via **cessation** of the **mundane mind** to realized the **unconditioned**.

2.6 Nature's universal laws - first 2 are scientific laws

- **physical order** [utu niyama] and **biological order** [bija niyama] of nature

2.7 Nature's universal laws - next 3 are spiritual laws

- **law of karma** [karma niyama] (*Do good begets good and do evil begets evil*)
- **law of the mind** [citta niyama] (*12 links / paticca samupada*)
- **law of truth / Dharma** [dhamma niyama] (*4 noble truths, etc.*)

3. **Sis Soo asks** - if it is "not via memorizing" the teachings then does it mean, it is kept in the subconscious?

Bro Teoh's answer: No it is not via memory. The key to understanding the Buddha teaching is via the **4 noble truths** which is the **essence of the Buddha's teaching** and all *his other teachings* (the essential Dharma) **springs off** from there:

- initially develop the *learning of the teaching* via **Pariyatti** (phase 1 of Dharma)
- then **put it into practice** via *direct observation, reflection and contemplation* on your life experiences (like the 8 realities of life & existence, 5 Daily contemplations, etc.) to develop **Patipatti** (the 2nd phase of Dharma)
- then you can really *relate and internalize the deep understanding of his teaching via experiencing them in life*. (e.g. *birth and death of every breath and every pulse of life; the appearing of every phenomenon when conditions arise and its disappearing when the fragile conditions are no longer there; seeing all physical, mental and nature's flow; how karma at work, etc.*)
- silent your mind and trust your nature, **NO NEED TO REMEMBER** because when one **awakens** the *understanding or the wisdom* is **always connected** to the form and mind and acting according to memory is not acting at all.

4. Sis Soo shares her **personal real life experience** concerning her relationship with her son and *how she was able to overcome it amicably* via having right view.

(Note: Above draft is prepared by Sister Soo Yee.)