

Brother Teoh's 25 September 2018 Tuesday Class outline Short Notes

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Tue-180925.mp3>

Whiteboard : <http://broteoh.com/wp-content/uploads/Teoh-Tue-180925.jpg>

Book Reference: The Buddha and His Teachings - *The Working of Kamma* (Chapter 20, Page 376)

1. **10 meritorious deeds in everyday life** (kusala kamma):

- Generosity / Giving (dāna),
- Morality / Keeping precepts/virtue (sīla),
- Meditation / training the mind to be in full awareness (bhāvanā)
- Reverential Salutation / Paying due respect to those who are worthy of it (apacāyana),
- Service / Helping others perform good deeds (veyyāvacca).
- Transference of merit (pattidāna),
- Rejoicing in others' good actions (anumodanā),
- Hearing the doctrine (dhamma savana),
- Expounding the doctrine/truth (dhammadesanā) and
- Straightening one's own views (ditthijjukamma).

2. **3 important factors wholesome** to have while performing **meritorious deeds**:

- Done with joy throughout or at all time – before, during and after (Somanassa-sahagatam)
- done with wisdom (Naya-sampayuttam)
- unprompted/spontaneous (Asankharikam)

3. Briefly run through of 5 jhanic factors, 5 Rūpa-Jhānas and 4 Arūpa Jhānas from the text.

4. [--- Recording time 1:36:16 ---]

Question: Sister Han **asked** about how can one navigate between wholesome and unwholesome karma (when one is still **not skilful**) in the context of **counselling** and **helping** others?

Answer: When one is **not skilful** (without clear understanding/wisdom), do not be **too eager** to help or share:

- Beware of the **over-eagerness** to help
 - usually this desire/craving to help others comes from your ego
 - it is **self-delusion** that can condition this type of karma
- Beware of **giving due to pity**: - usually end up being **a good-hearted-fool**. The **wise one** only helps when there is condition to help. Done with **understanding** following conditions, **not forced** or motivated by **one's emotion**.
- Be **honest, sincere, and upright** (to *avoid unnecessary* karma):
 - If you are **not sure** then just be sincere and say **you do not know**. But if you still want to advice then you can say, *'basing on my understanding now, I believe the meaning of the teaching is*' or *"This advice may not be suitable for all, but from my experience and current understanding, I feel for you what may help is....."*
- Don't carelessly quote what others say; especially when you are **unsure/without clear comprehension** of the subject matter.

5. In this condition world/existential world, one must **accord and flow with wisdom** those conditions that arise :

- When the **supporting conditions** are not present (e.g. timing is not right or there is no condition) then do not forcefully impose your views, advice, or help (especially when the party you want to help is not willing to listen).
- The below rather important **Diamond sutra's 4 lines stanza** should be *clearly comprehended*:

「一切有為法， 如夢幻泡影，	YI QIE YOU WEI FA, RU MENG HUAN PAO YING,	All are conditioned dharma (within the <i>conditioned</i> world) They are like dreams, illusions, bubbles and shadows ;
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如露亦如電， 應作如是觀。」	RU LU YI RU DIAN, YING ZUO RU SHI GUAN.'	Like dew-drops and a lightning flash ; You should contemplate it thus .
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(Above outline short notes draft was prepared by Sis. Soo Yee)