

Brother Teoh's 2 October 2018 Tuesday Class outline Short Notes

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Tue-181002.mp3>

Whiteboard : <https://i0.wp.com/broteoh.com/wp-content/uploads/Teoh-Tue-181002.jpg>

1. Announcement about a **very well done photo book** compilation of our recent **spiritual trip to Shangri La, China** by Bro Tony, Bro Tune and Sis Padmasuri.
2. Announcement about the *change of venue* from **Jaya Palace** to **Copper Mansion** restaurant for this year's annual gathering of kalyanamitta dated 21.10.2018.

Book Reference: The Buddha and His Teachings - Nature of Kamma (Chapter 21, Page 381-383)

3. **Important aspects** of Kamma:
 - a. "As you sow the seed so shall you reap the fruit." – Samyutta Nikāya
 - i. Do good begets good, do evil begets evil and you reap what you sow
 - b. 5 daily contemplations – the 5th daily contemplation:
 - i. We are **born** of our Kamma, **heir** to our Kamma, **conditioned** and **supported** by our Kamma, we are what we are *because of our Kamma*
 - c. Only the karmically conditioned **form and mind** is subject to **karma**. Karma **recognises relationship**
 - d. For Kamma to ripen, it **requires conditions** to arise
4. Bro Teoh shares his encounters of people with **health difficulties** and **cancer patients**
 - a. The course of events which unfolded, and their process of overcoming the mass of suffering (fear, worry, anxiety, resentment, etc) coming from the cancer experience
 - b. The 5 common precursors or symptoms common to cancer patients:
 - i) **Stress** from traumatic experience, ii) **Insomnia**, lack of proper good sleep, iii) Chronic constipation, iv) Acidity in body fluid due to incompatible diet, v) Detrimental lifestyle leading to bad mental states.
5. What a person reaps, accords with his/her deeds
 - a. Karmic potential need conditions for its fruition or arising, and these conditions are constantly evolving through a person's actions/speeches/thoughts
 - b. One is not bound to pay all the arrears of past Kamma.
If you have the dharma understanding to avoid the conditions for negative kamma from arising, then those karmic potential may not ripen.
6. One is neither the master nor the servant of Kamma
 - a. Even the most vicious person can by his own effort become the most virtuous person.
 - b. We are always becoming something, and that something depends on our own actions.
 - c. We may at any moment change for the better or for the worse.

(Above outline short notes draft was prepared by Sis. Soo Yee)