

Short notes for lesson 65 of the 6th Patriarch Platform sutra dated 7.1.2018:

Audio mp3 : <http://broteoh.com/wp-content/uploads/2018/01/65-6th-Patriarh-7-Jan-2018.mp3>

Whiteboard Note : <https://i1.wp.com/broteoh.com/wp-content/uploads/65-6th-Patriarh-7-Jan-2018.jpg>

It is **important** to understand **what constitutes defilements** so that we can see them clearly in our meditation and daily life to arise the right efforts **to take care of our karma**. **Defilements means** having **mental negativities** and **evil roots** of Greed, Hatred and Delusion. However, in cultivation, one's practice **must not** take the **focus of just to get rid of defilements** because that **will not result** in true progress. Instead it may give rise to **great stress** involving the thinking, the effort to rid off defilement and focusing etc. Instead, the **concern** should be to **straighten one's views via careful observation** to develop the wisdom. With **wisdom**, defilements will **automatically cease**.

Be **observant** and **mindful** via the **silent mind** (most of the time) to understand what is happening, **not reacting** to every situation **based on memory** and one's **own previous conditioning**. With **right view**, one will be able to arise the rest of the Noble Eightfold Path factors **appropriately** to progress along the path of Dharma.

Don't use force to **suppress, control** and **banish defilements** as defilements are **created by delusion**. When there is delusion, there is defilement leading to the stirring of the mind to arise the **duality** of good and bad, right and wrong, wholesome and unwholesome. Once there is duality, it is impossible to get rid of negativity because negativity (bad/unwholesome mind states) come in a package with its opposites. When you don't create the opposite is not. This is understanding or wisdom.

Using the **mundane mind** means **not observing** with the **silent mind** to understand things clearly. One will always **react to situations** and this will become **habitual**. Just **relax** and **silent** your mind **during meditation**; even when there is pain or heedless thinking arising, or uneasiness of mind etc. - **just patiently observe without reaction** then the mind will revert to its **original state of stillness and silence** before the stirring. **Don't label** or **try to stop** the **heedless** thinking or mental activities and states (sankaras). Just allow it to be; be with it; accept them for what they are and just let things be. Acceptance via wisdom (right view) is **peace** whereas 'acceptance' **without** wisdom is **suppression** giving rise to **affliction**.

Sister Mindy reported on her recent meditation retreat experience.

(Note: The draft short notes for the above was prepared by Sister Mun Yuen)