

Short notes for 66th lesson of the 6th Patriarch Platform sutra (Sunday class dated 14.1.2018):

Audio mp3 : <http://broteoh.com/wp-content/uploads/2018/01/66-6th-Patriarch-14-Jan-2018.mp3>

Whiteboard Note : <https://i0.wp.com/broteoh.com/wp-content/uploads/66-6th-Patriarch-14-Jan-2018.jpg>

1. Samadhi is different from concentration

Samadhi is a mind which is "**unwavering** and **collected**". It is a **free mind** *without thought* where the **mundane mind** is **silent** and **not active**. Whereas, **concentration** (or Samatha mind state) is a **conditioned mind** in **Appana concentration**. The mind is a **focused mind** in **one-pointedness** or **absorption** concentration. One is then in the **Jhana** or **absorption mind states**.

There must be an **understanding** that **Samadhi** always **exist** in one's **true mind** but it is **obscured** (or **clouded**) by the **mundane mind**. Hence **to realize Samadhi**, one **only needs** to be **silent** and **aware**.

Most people **seek peace** and **special experiences** like seeing light (or nimitta), experiencing **calmness** and **stillness** during meditation but what they **do not understand** is, when they do that, they are actually **focusing** via **effort** and **energy field** to isolate the mind to abide within so that it is *peaceful and calm* but there is **no clarity** of **awareness within**. This will lead to **suppression** of **delusion** and **negativity of mental states** via **strong mental concentration** and **absorption** and one **cannot live life** with this type of mind state. Then one will not be able to develop the **wisdom** via mindful observation because all the **latent tendencies** (or **anusaya**) are **being suppressed** and they are **not rooted out** as yet.

Actually, one does **not need** to do concentration or absorption meditation because the mind on its own will return to its **original state** of **inner peace** and **stillness** *before the stirring* if we can just **stop feeding** it with **anymore heedless thinking** or **thought energy**.

2. Surangama Sutra

"**Perception** of form is **consciousness**, whereas its **non-perception** is **wisdom**"

2.1 Explanation for "Perception of form is consciousness"

Worldly perception is by the **mundane mind** via our **mental consciousness**, i.e. we can **perceive** the world via our **mundane mind's seeing consciousness**. Our **brain** which is **basically memories** and **memories** are our **accumulation** of *experiences* - Good and Bad. They are our views, opinions,

conditionings, scars of memories, traditions, our belief systems, our phobias, our insecurity, our fears, worries and anxieties etc. including our greed, hatred and various type of emotional negativities.

Since **thoughts** are *response* to **memories** hence **perception** via the **thought** comes from memory and that's how mental **perception** comes to be with **every moment** of **consciousness**. Hence mundane **perception** of mental **form** is **consciousness**. Take for example the **seeing consciousness** – how do you know it is a Buddha image? **Via memory** isn't it? Then you **stir your mind** via inputting your **content of consciousness** according to your views, opinions and conditioning **accumulated** within your brain or memory. Therefore, when **we use** our **mundane mind** to see *via our memories*, we are **not seeing** the **truth** or the **reality** and we *cannot see things as they are* because *we are perceiving* what we see according to our **conditioned mind** which are **full of words, concept, views and opinions, dualities and conditionings, etc.**

Hence '**acting according to memory** is **not acting at all**. One should act with **wisdom** instead.

Sometimes these conditioned memories, views, opinions, scars of memories and fears, etc. are also **accumulated** in our **subconscious** and when there is condition to trigger them, those conditioned memories etc. will arise and your mind will stir accordingly. **If we act according** to these **conditioning, views, opinions, etc.** it will **result** in us **not acting according to wisdom**. We are merely perceiving things via our **old conditioning** or **habitual tendencies**, resulting in **wrong perception** in every moment of consciousness. Take for example, when a past **phobia** is triggered, one will **panic** based on previous **experience**. But if one just develop the **wisdom to act via careful observation** or **heedfulness** then one can just **stopped reacting** or **stirring one's mind** and just **stay silent** to **inquire** into what just happened? One will have the **understanding to realize** that "**when conditions are like that, things will be like that**" because the **reality IS or Truth IS**. There will be **wisdom** and one **will not be afflicted** like before by the **old habitual** way of **heedless living**. Then when one become more skillful in this new way of **heedful living**, one can move on **to the next step** to **trace the origination factors** then retrospectively reverse them, so that we will not fall into the same trap again in the future.

2.2 Explanation for "Non-perception is wisdom":

Non-perception is **not using** the *mundane mind* to see. It is using the **direct seeing** via the **pure awareness** or **silent mind** to '*see things as they are*' (to see **truth**, to see the **reality**), **without** being **influenced** by *our views, opinions, belief system and conditioning, etc.* When we **see things via** the **true mind** there is **no discrimination** or **distinction** between *good and bad* because there is **no words** or **concept** of **duality** to arise those **deluded thoughts**. Everything just follows nature's laws; only **mighty Nature rolling by**.

3.0 Question and Answers session after meditation

Question 1: Bro Song shared his **experience** of having strong sankhara activities all of a sudden **despite** after having a period of *very stable* **mindful** and **heedful daily mindfulness** living. These sankhara activities arise for **no apparent reason** and he was **fully aware** of *their arising* and also his **subtle mind movements** and *reactions within* and he did not know how to deal with them at that time apart from 'allowing it to be' until he heard Sis Mindy's last Sunday question to Bro. Teoh *regarding her experience* at the **cittanupassana retreat** that she attended recently.

He then **understands** that the **real cittanuppasana** is **not** *'thought observing thoughts'* but instead the *mind is **aware** of all the **mind states** or **content of consciousness** as they arise.* When the *content of consciousness* has **greed** one is **aware** of its **arising** (or **stirring** of the mundane mind), so that one's mind (which is in sati) is sensitive. Then the **habitual subtle stirring** will weaken as one develops this mindfulness until it is **very stable**. Then one can **contemplate deeper** into the arising sankhara (or what happened) to understand that this was actually a **test** from his **cultivation or nature**.