

Short notes for WPCS 4th March 2018 Sunday class

Audio mp3 : <http://broteoh.com/wp-content/uploads/2018/03/69-6th-Patriarch-4-March-2018.mp3>

Whiteboard Note : <https://i1.wp.com/broteoh.com/wp-content/uploads/2018/03/69-6th-Patriarch-4-March-2018.jpg>

1. The form and mind **goes the way of nature**, i.e. they **are impermanent** and therefore it is **empty**. If one grasp and cling onto the form and mind, it will lead to suffering. The mundane mind is the **mental aspect** of the **5 aggregates of form and mind**. Feeling changes all the time hence the mind's fleeting nature.

2. All **sensual pleasure** is a **prelude to suffering**. **Sensual pleasure** means *pleasure or desire derived from the conditions arising world* just like your wealth, title, reputation, loved ones, etc. which are all impermanent.

3. The above sentence is true only when one **perceives the world** with the **deluded mundane** mind, i.e. with **no understanding**.

4. The above sentence is **no longer true** if there is **understanding** because there will be **no attachment** to the condition world. **Understanding will free your mind**.

5. From **Karma point of view**, one must understand that **our form and mind** is **subject to karma** hence it has its duty towards nature and you *can love your loved ones* whole heartedly but you must have **no attachment** towards them.

6. Shen Hsiu's incorrect teaching:

- Dwell with the mind. (By dwelling you make the *mundane mind* **active** hence **no more silent mind**);
- Contemplate stillness. (Implies attachment to the calm state of mind);
- Sit up all the time without lying down. (Not natural and cannot be in a state of relax to develop the daily mindfulness)

The true mind (which is the silent mind in pure awareness) doesn't dwell. The silent mind is obscured when thought and emotion arise. The conditioned or *focus mind in concentration* is **not free**. Mind in Samadhi is free, collected and unwavering.

7. Hui Neng's true teaching:

- Realise the **true mind**. Work on the **true nature**, not the body and the mundane mind.
- The true mind does not dwell.
- **Not necessary to sit still** but be *mindful of all actions, movements and anything that arise in the midst of life (daily mindfulness)*. When you **force** yourself to sit, it is a **conditioned state** and **there is resistance** to the sitting.

The *mind dwells* when it *perceives* and *when thought focuses on something* and *input the content of consciousness*. However, we need to use the mind to live life, just do not proliferate the arising thoughts. Realise that a lot of the thoughts are unnecessary. *Know how to use thoughts* with *wisdom* to arise only the right and wholesome thoughts. Always accord and flow with conditions and act with wisdom following Noble 8-fold path.

9. When the mind is calm, it has clarity and it is peaceful and happy. When there is no more mental hindrances, the spiritual faculties of sati will take over and the mind can be in sati to detect the very subtle mind and physical movements.

10. Endurance via understanding is *non-resistance*. Moving to make yourself comfortable is *not endurance*. Just relax.

11. If the mind is silent, nothing will disturb it, not even in the midst of a storm. The mind will not be drawn into any phenomenon. It will not be affected or disturbed by any conditions.

12. Factors of enlightenment are: Sati (mindfulness) → Dharmavicaya (Dharma investigation) → Viriya (spiritual zeal) → Piti

13. Fantastic meditative experiences and special feelings or sights during meditation *should not be mistaken* as a sign of progress unless it can give rise to wisdom. Usually it is just nature's blessings and something to help increase the faith.