

Brother Teoh's Sunday class dated 28th October 2018 outline short notes

Audio : <http://broteoh.com/wp-content/uploads/3rd-Cultivating-the-Bodhisattva-Way-28-Oct-2018.mp3>

Whiteboard : <http://broteoh.com/wp-content/uploads/3rd-Cultivating-the-Bodhisattva-Way-28-Oct-2018.jpeg>

Ref. book: Brother Teoh's transcript book, 'Cultivating the Bodhisattva Way', pages 21-29

1. Our thoughts always cling to the **form and mind** as we have been **so conditioned** since birth. I.e. we **identify ourselves through our name, birth certificate, identity card, race, belief system, family status, gender** etc. It is this **egoic mind** (borne of **self-delusion or sakkayaditthi**) that lead us to think that we are this form and mind when actually **this form and mind or human being** is just a **karmically conditioned vehicle and tool** for us to come to this existential world.
2. This **human being** which is the **5 aggregates of form and mind** are subject to the nature's law of karma and the **universal characteristics** of *impermanent, suffering and non-self*. That is it is **not a permanent unchanging entity**, hence it is **non-self and not real** - *Empty nature of existence*.
3. Our form and mind is connected to our karmic nature the moment we are conceived or born. Reason why the Buddha said, '*we are all born of our karma, heir to our karma, conditioned and supported by our karma and we are what we are because of our karma*'. Our karmic nature is the summation of all our nature's karmic actions (good and bad) over our entire eons of births and deaths (existences).
4. Not until our form and mind **connects** to our true nature we **cannot inherit** from our **spiritually nature**.
5. The form and mind has the **gateway** to our spiritual nature. Hence, we need this form and mind to develop the cultivation.
6. Sister Eng Bee asked *why we are still not connected to our spiritual nature when we are able to experience the silence in meditation. Isn't that our true mind?* Brother explained that most of the time it is the thought that tells us that we are 'without thought'. When there is **really no thought**, the mind aggregates cease. Sometimes we may experience glimpses of such cessation (no thoughts) but that is **not stable enough** for us to realize our true mind or true nature as yet.
7. Sister Eng Bee also asked whether when one connects to their true nature the experience is the same for everyone, i.e. melting of the yin and yang energies via the gateway located at the heart area. Brother Teoh answered yes. It is important to make the **aspiration to connect fast (or early)** to our true nature.
8. If our past lives cultivation has not been strong, the spiritual nature will also not be strong. Then we will need to *have stronger faith, sincerity and perseverance* to **compensate** for the spiritual gap.
9. **Daily mindfulness** is a must and it is the highest or real meditation. Brother Teoh strongly advise Kalyanamitta to study the **Avijja Sutta** and build affinity with Guan Yin's nature via expressing our gratitude and thanks towards her nature.
10. When we take the Bodhisattva vows, we have nothing to lose but everything to gain. We can cultivate along the path of dhamma to realize arahantship also while walking this Bodhisattva way.
11. Avijja Sutta starts with: 1. having **good Dharma friends** ---> 2. **Listening to the Dharma**, straighten your views leading to ---> 3. **Faith in the Triple Gem** ---> 4. Arising of **yonisomanasikara** (initial wisdom borne of 1st and 2nd turnings wisdom) ---> 5. **Daily mindfulness and clear comprehension** cultivation ---> 6. **Senses restraint** and cultivation of the 4 right efforts, leading to the ---> 7. **Three (3) ways of good conducts** ---> 8. Cultivate the **4 foundations of mindfulness** ---> 9. **Seven (7) enlightenment factors** keep arising ---> 10. **True knowledge, Enlightenment** in the here and the now.
12. Cultivate virtue: generosity, sincerity, respect, gratitude, honesty, kindness, pleasantness, right & appropriate speeches leading to harmony and ability to rid people of fear etc. Act with understanding and wisdom instead of negativity.
13. The 5 stages of the **Bodhi mind developments** leading to the realization of **Sammāsambuddhahood** are:
Stage 1: Plant the seed of Bodhi deep into your **nature's consciousness to arise the Bodhi mind to walk the path of the Bodhisattva sincerely, with faith and perseverance via taking the 4 basic vows**. The merits for this stage of Bodhi *are limitless and most powerful* as it can sets the conditions *for us to be awakened. As our vows are being nurtured* the **Bodhi mind becomes active** even during era where there is no Buddha Sasana.
Stage 2: Bodhi mind that **subdues** all **vexation or suffering**.
Stage 3: Bodhi mind that **illuminates** the **true nature**. (This stage is the most joyous).
Stage 4: Bodhi mind that **renounces samsara**, i.e. time or duration in samsara is not a problem anymore as

by then we would have understood the **profound** diamond sutra cultivation of no thought, no mark and no dwelling. Cultivation and Perfection becomes easy after this.

Stage 5: *Bodhi mind* that *realizes the consummate* of *Sammāsam Buddhahood*.

(Above draft prepared by Sister Mun Yuen)