

Outline of Bro Teoh's Talk on 5/4/2018 (Thursday) held at Sister Padmasuri's house

Audio : <http://broteoh.com/wp-content/uploads/2018/04/Teoh-Thu-180405.mp3>

Whiteboard note : <https://i1.wp.com/broteoh.com/wp-content/uploads/2018/04/Teoh-Thu-180405.jpg>

The Main theme of this talk is “The **Four Noble Truths** (*Essence of the Buddha's teaching*)”.

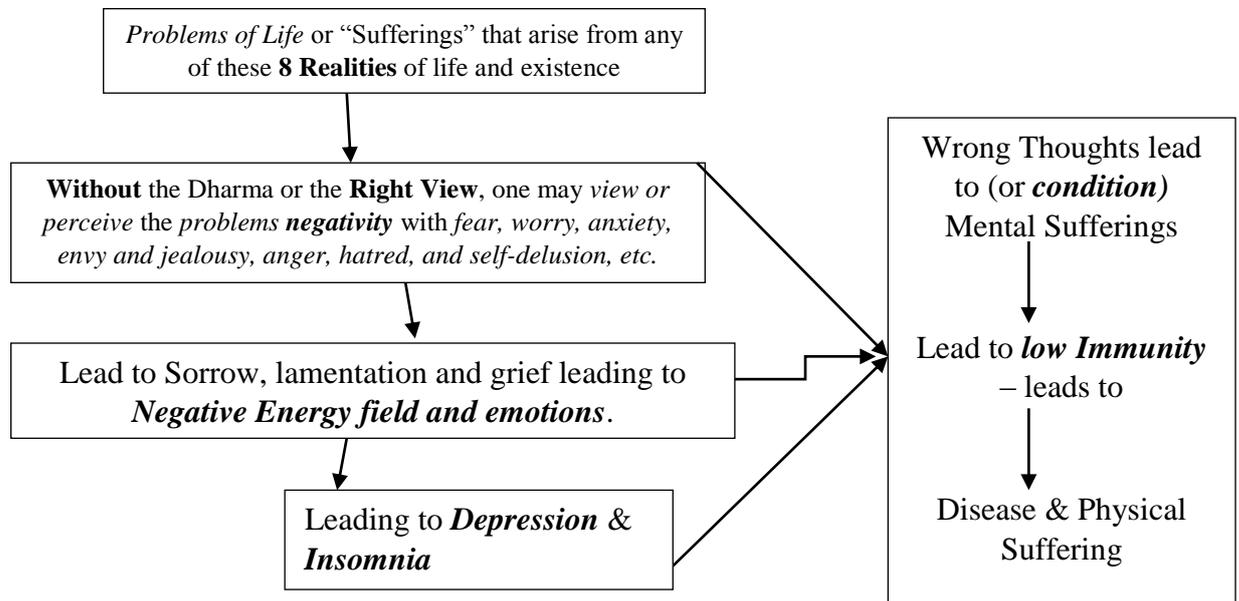
- 1) During meditation reporting Mr Looi, a newcomer (Christina's friend) shared that he had many thoughts arising during meditation. Brother Teoh guided him **to relax** and shared with him the following **important meditation pointers** : -
 - Brother Teoh approached this topic via explaining to him how his *heedless thinking* or *wandering thoughts* arise due to **habitual tendencies** and **problems arising** while living the *daily life without mindfulness* and *understanding*.
 - Brother Teoh also share with him the **importance** of keeping the **5th precept** – via undertaking the training rule to refrain from *taking alcohol* and *other intoxicants* like drugs, liquor, etc. that *can make their consciousness dull, drunk and low thereby* losing their ability to be *mindful and sober*.
 - The **importance of staying “Sober,”** as well as the **need to plan to improve** one's life through *understanding the Buddha Dharma*.
 - What happen to our mind when a problem arises?
 - The importance of being **heedful** to keep the mind *calm, aware* and *silent within* to **understand** and **deal** with life.
 - The importance of **training the mind** through meditation to be **heedful** to develop the wisdom to end all suffering.

- 2) The **First (1st) Noble Truth** of Dukkha – the *8 realities of life and existence*:
 - According to the Buddha, Dukkha here means *unsatisfactory conditions* or *sufferings*. Brother Teoh calls it the “Problems or suffering or **realities of Life**.”
 - **Prevalence of suffering**. Suffering is everywhere when one **confronts** them *without proper understanding of the Buddha dharma*.
 - The **8 realities of life and existence** that relate to the “Problems of Life” are:

Birth is dukkha; **Aging** is dukkha; **Sickness and disease** is dukkha; **Death** is dukkha; **Association with people that one does not like** is dukkha; **Separation from ones loved ones and prized possessions and things that one hold on dearly** is dukkha; **not getting what one desires or wants** is dukkha; In **short the 5 grasping aggregates of form and mind** (or Uppadanakhanda) are dukkha as they are

impermanent. How are these realities being handled in life by most people *without* the dharma and its consequences? Please refer to the diagram below:

Problems of Life and Its Implication when there is no Dharma



- 3) To cease these suffering; one needs to train one's mind to be **calm, peaceful** and **aware** so that there is **clarity** and **calmness** to develop an **overall right understanding** leading to **well being** through **positive** and **healthy energy** field. Through a **clear and calm mind**, one may inquire via asking the following:
- Why am **I reacting in this way** to arise the *fear, worries and anxiety etc.* (all these are wrong thoughts) to condition your **own miseries and mental sufferings**?
 - Why can't I see that **no amount of such unnecessary, fear, worries and anxiety, hatred, envy and jealousy, sorrow and lamentation** is going to help me solve my so called problem?
 - If this is **a reality of life** or '**What IS!**' then one **must learn to accept it via wisdom and understanding**.
 - Then one must inquire **what my options are?** How **can I resolve all these amicably** via the **Noble 8-Fold Path cultivation** as taught by the **Buddha** so that I can gain back my life and move on with my life?
- 4) With this above **Right View** and dharma understanding one **can plan one's life** well via further **understanding of the following 3 phases of one's life**:
- The 1st 25 years – **grew up as a kid** and goes through our **education pursue**
 - The 2nd 25 years – set out into the **career field** to **earn money & have a family**

- The 3rd 25 years – **retire** *to do what one likes to do* if one can have the means.

But *the irony of life* is: “When one is young, one has all the (time + energy), but usually not much money. In the Middle age most of us have (money + energy), but no time. At old age one has (time + money), but lack energy.” Brother Teoh elaborated on how he was able to **overcome such irony** via wisdom using real life example of his and his son’s life journey.

- 5) 2nd Noble Truth – the *cause of suffering* is **craving (or tanha)** borne of **self-delusion**.
- 6) Bro Teoh shared how to have the **4 types of happiness** which are possible for **lay people** who cultivate **Right Living** following *Noble 8-Fold Path* :-
 - *Happiness of possession* after knowing that *one has earned them righteously* via right *living*.
 - Able **to use one’s possession** for the **happiness of all** (you, your loved ones and others).
 - Happiness of being **Free of debts**.
 - Able **to live a blameless life** where the wise one will not blame them.
- 7) Meaning of **craving or desire** as opposed to virtues like **passionate** and **ambition**.
- 8) Not Sober – please don’t drive.

Sadhu sadhu sadhu

(Draft prepared by Sister Tan Keat Hoon)