

Outline short notes for Bro Teoh's Sunday class dated 28 June 2020

Ref. **The Path to Truth for the Modern-day Bodhisattva Practitioner** by Master Shih Cheng Yen, page 76-83

Audio : <https://broteoh.com/wp-content/uploads/13-The-Path-To-The-Truth-For-The-Modern-Day-Bodhisattva-28-Jun-2020-.mp3>

YouTube : <https://youtu.be/s5IkXa4n8v4>

1. Brother Teoh informed Kalyanamittas of Brother Chin How's **rather good suggestion** to gather some kalyanamittas to help produce **shorter videos** of about 10-30 minutes' durations with **selected Dharma topics** from Brother Teoh's full length **Heart Sutra class** videos **to benefit others** as they are **more effective** and **impactful to attract** people's **attention** and **interest**. A working group of volunteers will be formed to carry out this project. Those interested to join can contact brother Chin How or Swee Aun direct to register their interest. A preliminary discussion cum brain storming session was held, starting today.
2. It is important to train the mind in **heedfulness**. **Heedless** people **do not live life** but **merely existed** through life, as their mind are **overwhelm** by **mental hindrances**. Mental hindrances **stir the mind** and make it **reactive** when **confronting** sense experience **without the requisite wisdom**. From our nature the **mundane mind** arises **due to ignorance/self-delusion**. This is the **beginning** of the **mind's separation** from the **pure state**, causing us to get **entangled** with the **phenomena world** of consciousness. Through **ignorant**, we **create mundane thinking**. We think the phenomena/conditioned world **is real** and **grasp** at it, resulting in suffering. We need wisdom to understand that the **phenomena world** is **not real** because it is **dependent originating** and **illusionary**. We therefore need to develop the **wisdom** to **return all external forms** back to **mind consciousness** then from **mind consciousness** back to the **pure awareness nature**. We need to understand that the mundane mind also exhibits the **3 Universal Characteristics** of annica, dukkha and anatta (impermanence, suffering and non-self) just like the physical form/body.
3. The cessation of the form and mind leads to the realization of Nibbana (the unconditioned) where the **pure awareness** also no more (completely cease to be).
4. Meditate with the **silent mind** in **pure awareness** (sati) to **observe** the **movements** of the mundane mind (thoughts) so as to develop the **wisdom** needed for us **to straighten** our **wrong views**.
5. Psychological time arise when thoughts arise. Therefore, psychological time is just mental time or mental thinking. When thought ceases, psychological Time stops then one realizes the timeless.
6. Sister Alicia asked Brother Teoh about the brightness she experienced after she came out of her formal meditation. Please do listen to the audio recording for full details.
7. Sister Poh Cheng confirmed Brother Teoh's prediction of what will happen to her after she had located the **'gateway'** to her nature. She will experience **more frequent release of gaseous emission** from her bodily system and improvement to her health after her transformation is very true. Brother Teoh inform her that there is **nothing to be embarrassed** about the frequent release of gas because that release of gas as a result of the **pure energy** is without the foul smell. The Yin and Yang energies that 'melt' through the 'gateway' will be transformed into pure energy which will heal the body. Sister Poh Cheng will also be able to have the clear and **rather stable mindfulness** (sensitivity of mind) **to feel** and **sense others**. Brother Teoh advised Sister Poh Cheng to **continue to use her silent her mind to diligently cultivate** the **Noble Eightfold Path**.
8. Sister Poh Cheng has developed the strong faith and determination to **cultivate seriously** and **diligently** during the recent covid-19 pandemic while in Singapore. She understands the urgency and importance of cultivation

during this sasana's window of opportunity. She then just does it via following exactly what Brother Teoh advises, i.e. to have **a good daily religious routine to cultivate and meditate** throughout the day; do the **5 Daily Contemplations**; cultivate **Marananusati** (contemplation on death); to develop **the urgency** to cultivate non-stop daily to **development a very stable daily mindfulness** leading to heedfulness to help her transform.

(The draft for this outline short notes were prepared by Sister Mun Yuen)