

Outline short notes for Sister Christina Koh's House Dana dated 22 July 2018

Audio : <http://broteoh.com/wp-content/uploads/2018/07/Teoh-180722-Christina-House-Dana.mp3>

1. Brother Teoh **re explained** the significance of having such **monthly house dana** for the *benefits of Kalyanamittas who are new*. This house dana will provide the **occasion** and **opportunity** for Kalyanamittas to perform the following wholesomeness: kalyanamittas get to perform all the **10 meritorious deeds, help generate more understanding** and **build spiritual wealth** via doing the *puja chanting, paying respect, renewing precepts, cultivate generosity, making aspiration by invoking power of merits, sharing and transference of merits, rejoicing, listening to the Dharma, straightening of one's views, provision of services to sasana and the Buddhist communities and meditation (sitting in silent)*.
2. Above house dana *activities* can also *pave the way for Kalyanamittas to perform dana* and have *good and meaningful fellowship* thereby helping them to receive *more motivation* from each other to grow their cultivation.
3. There are 3 levels of dana parami: i) the **give of materialistic wealth or possessions**; ii) The **give of life** and iii) the **give of truth** to *overcome fear and suffering*.
4. Brother Teoh relates Sister Poh Lian's experience with a snatch thief (20 years ago). He also relates a very good story on how **he was able to use the dharma** to *help his own youngest brother to turn his life around for the better*. These stories were meant to highlight the workings of the Nature's Law of karma and how to apply dharma to good use in daily life. We need **to apply the living Dharma** to *improve our life* and *be a blessing to all* or it will be wasted - just remain as a **knowledge** if we can't apply it in life.
5. The gift of Truth is the highest gift as it has the power to change a person. It has the **potential** to **completely root out** *delusion and karmic negativity until there is no more suffering* and the *transformed being will not commit anymore karmic negativities*. He will also has the condition to help others thereby improving the world consciousness. To **improve our life** is *very easy, we just need to apply the Dharma to take care of our Karma*. Once this is done, we *will receive a lot of blessings* and **wholesomeness** following the **law of karma**. It is **not due** to luck.
6. Sister Christina shares *how Dharma helped her when she was experiencing a turbulent period in her life and also her daughter's recent success in securing an unexpected scholarship for her university course*.
7. When we do not understand the noble truths (dependent on ignorant) our mind will stir and become heedless. We will be affected by our wrong thoughts and become emotional [having either **negative craving (ill will)** or **positive craving (sensual desire)**]. These are the *first two mental hindrances* of mind.

8. If we *think or recall via memory a fearful thing, we will be fearful. Without **wisdom**, we will **re-act** to sense experiences. With wisdom, we will not. Straightening of our views can help us develop wisdom.*

9. If we have the spiritual faculties, we will be able to insight into phenomena to arise the wisdom needed for us to **accept things** via **seeing things as they are**.

10. With Samadhi in place, the mind is collected and unwavering, then we will be able to see things as they are, leading to wisdom to accept the reality of the moment.

11. Question from a lady on why her daughter cries (during earlier part of her life) and shouts at her staff when stressed. Brother Teoh explained that we all can know the world through our 6 sense doors. When the *mind makes contact with the 6 senses*, we can become conscious of what we see, hear, smell and taste etc. Initially it is just **the pure consciousness** with **nobody there to see, hear, smell or taste**, etc. However, human beings **with delusion** will straight away **associate themselves** with the seeing via their **conditioned perception** thereby arising the **self-delusion**. She needs to understand **why she re-acts in such a way**. It is *mainly karmic in nature*. If it is a **perception problem** (due to her own wrong thoughts borne of delusion), then she just needs to develop the **wisdom to accept the reality of the moment**, i.e. **do not insist on wanting things your way which is not nature's way**. Or, she can continue **to re-act** and become **miserable** via believing her own wrong thoughts.

12. Only wisdom frees the mind. A calm mind with clarity can help us make better decision in life.

(This Outline was prepared by Sis Mun Yuen)