

Outline short notes for Bro Teoh's Sunday class dated 10th March 2019

Audio : <https://broteoh.com/wp-content/uploads/10-Cultivating-The-Bodhisattva-Way-10-March-2019.mp3>

Whiteboard : <https://i2.wp.com/broteoh.com/wp-content/uploads/10-Cultivating-The-Bodhisattva-Way-10-March-2019.jpg?ssl=1>

Law of Attraction vs Law of Karma Youtube :

<https://www.youtube.com/watch?v=n9wJnrttj4U&feature=youtu.be>

Understanding Cetasika or Mental Factors Youtube :

https://www.youtube.com/watch?v=0AcK_bA2rFk&feature=youtu.be

Brother Teoh's transcript book: **Cultivating the Bodhisattva Way, pages 55-62**

1. Karmic **fruits** can trigger karmic **obstructions** and they can be **very powerful obstructions**.
2. To **clear** karmic obstructions, one need to **sincerely** ask for forgiveness from the **Triple Gem and all beings** and **vow not to repeat** all these karmic negativities via **following** the **advice of the Buddha** to avoid all evil, cultivates wholesomeness and meditates to purify one's mind. Then **invoke power of merits** for **turn around** and **recovery**.
3. The **10 Perfections** cultivation are generosity, morality, renunciation, wisdom, spiritual zeal, patience endurance, truthfulness, determination/aspiration, loving kindness and equanimity.
4. Dharma is not just theory. It **has to be cultivated** while in the **midst of life** because it is a **living dharma**, not theory or knowledge which is **not** the **true dharma**. Investigate the Dharma in our daily life activities. When the Dharma stands up to investigation, there will be understanding and faith.
5. Only Bodhisattvas have precepts to break because Bodhisattvas have **very extensive** vows and work to do.
6. It is **very important** to understand **what constitute evil** so that they **can be recognised** and **abandoned**.
7. Strive on with heedfulness to **connect** to our **true nature** early in every life. Learn the Dharma fast so that the **Bodhi mind** or **seed** can be **activated early** to **perfect our karmic nature** until it cannot fall back any more.
8. Long or short period of cultivation time is of **no significance** for a Bodhisattva who had realized the Enlightenment.
9. Question from Sister Tammy: Is **Adhitthana** and **Law of Attraction** the same?
10. Brother Teoh explained that the **Law of Attraction does not give** the **whole perspective of things** as it **does not take into account** the **law of karma**. Even though the thoughts are positive and motivating but **with evil roots**, negative karma will arise. Then, those positive thoughts (with evil roots) may only work for a while in the beginning until the negative karmic fruition kicks in. (Do **view** and **listen attentively** to the **video recording** which is **very clear** and **complete** to understand this topic better. This video recording is available in our **broteoh.com** website under recording of classes.)
11. **Question from Sister Soo:** What is **cetasika**? How can **cetasika** help in our cultivation?

12. Brother Teoh explained that cetasikas are just mental concomitants/states/content of consciousness which we **must be aware of while cultivating our daily mindfulness**. (Do view and listen attentively to the **video recording** which is **very clear** and **complete** to understand this topic better. This video recording is available in our **broteoh.com** website under recording of classes.)
13. Brother Song shares his **cultivation experience**, where he **experienced heightened awareness and understanding** of the Dharma. His **consciousness** experience **bright lights** and was **aware** of even the birds flying high above his head but he was **not distracted** by such experiences. He **continues to relax and maintain awareness** until he can be aware of his **very subtle greed, resentment and dislike** including all the very **fine mental movements** and mind **states** within his mind.
14. Brother Teoh rejoiced with Brother Song's rather **good progress** and **understanding** and **cautioned others against attaching** to the **manifestation of bright light** (consciousness very bright) which is one of the 10 **defilements of insight** because it is just a **conditioned state**. Clinging will block progress. **Silent the mind until the mind enters sati. Stabilize the daily mindfulness until one can develop the direct seeing** from their **pure nature**. (Must listen attentively to the **audio recording** from the **2hr 7 minutes** onward to develop the **clear and deep understanding** of the actual cultivation.)
15. At the moment of sense experience and feeling, if there is the **initial wisdom** (yonisomanasikara) the mind will **not stir** and one **will then have sense restraint** and **more moments of silent awareness**.
16. Sister Soo asked why for a period she can have no feeling and thoughts during her recent spiritual trip to India. She also asked why at one stage she at the same time also has so much **dislike** or **aversion** towards those beggars that **harass her** and **causing** her to **cringe**. Later she can also see other people's suffering, desire and greed for blessings and fame. She then decides to reverse the light and look within or inwards to see her own defilements.
17. Brother Teoh explained that her **faith** and **conditioned mind** brings about the initial **calm state** of mind that **conditioned her to associate** every encounter with **equanimity**. If she is **mindful** with a free mind it will not be the same. If she **had relaxed** into it and **maintain awareness**, it will **change into a free mind**. Regarding the beggars, there must be **understanding** to overcome or root out the aversion. The last part she did - to reverse the light and see within was good. Actual cultivation is usually the **opposite way**. One must reverse the light and look within to see our own defilements and how these defilements condition us via our own **self-delusion** to stir and project our thoughts leading to all the **fear, worry anxiety** and **suffering** borne of wrong thoughts. Through understanding ourselves we will be able to understand others. (Must listen attentively to the **audio recording** from **2hr 26 minutes onward** to develop the clear and deep understanding of this cultivation.)
18. Bro Teoh introduced and shared the **3-Fold Lotus Sutra** (Fa Hua San Bu Jing) with kalyanamittas.

(Above draft prepared by Sister Mun Yuen)