

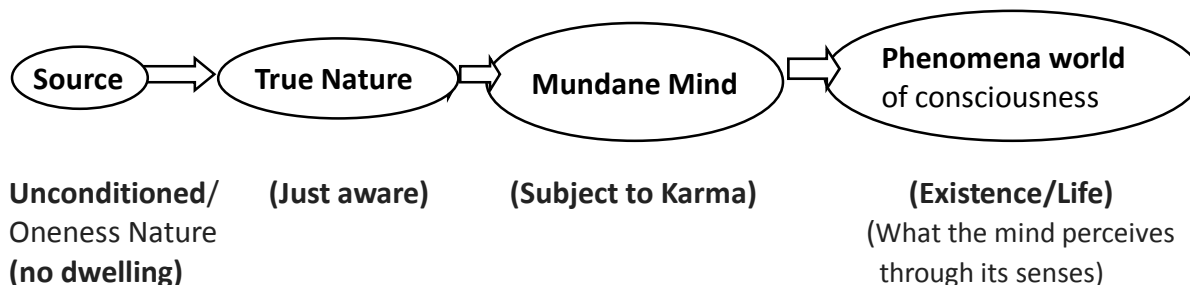
## Outline short notes for Bro Teoh's Sunday class dated 9 February 2020

Audio : <https://broteoh.com/wp-content/uploads/10-The-Path-To-The-Truth-For-The-Modern-Day-Bodhisattva-9-Feb-2020.mp3>

Whiteboard note : <https://broteoh.com/wp-content/uploads/10-The-Path-To-The-Truth-For-The-Modern-Day-Bodhisattva-9-Feb-2020.jpeg>

**Book Ref.** The Path to Truth for the Modern-day Bodhisattva Practitioner by Master Cheng Yen, page 59-65.

1. We need to **check** our mind all the time. Is our mind **tranquil** and **still** (without thought)? Are there grievances or negativities? Have I deviated from my **intended cultivation path**?
2. All beings have the **Buddha nature**. We just need to have **faith, sincerity** and **perseverance** then all obstacles can be overcome to achieve our noble wishes.
3. From the **Surangama Sutra**:
  - From 0 comes 1, then from 1 comes  $\infty$  (infinity). This is how mind creation.
  - 0 is the Source/True Nature/Original Nature/Oneness/Void/Emptiness.
  - 1 is the first thought of ignorance/One Dharma/mundane mind.
  - $\infty$  stands for infinity - is the Infinite Dharma borne of mind's inventions.
4. We must understand the 2 aspects of mind. Namely the **Mundane Mind** and the **True Mind**.
5. The Mundane mind must cease to realize Nibbana/Emptiness (Enlightenment).
6. On the **Mundane mind** – the Buddha said, 'Mind is the forerunner of all things. When mind arises, everything arises. Mind made are they. Everything is created by the mind. Everything in the phenomena world arises from the mind. The **Mundane mind** is the **Thinking mind** which is subject to karma.
7. From the **Heart Sutra**:



- **Meaning of Life/Existence** - Existence created by **mundane mind** is **Illusionary** and **without mark** hence it is not so **real**. Through consciousness, they arise. Mind made are they. Impermanent, non-self and empty.

8. To be enlightened, one must cultivate from the **True mind**, to develop the **Pure awareness** needed for us to see things as they are so as to understand how we become deluded via wrong views to stir our mind and how consciousness created the phenomena world of consciousness.
9. Silent your mind to realise the **True mind** which is without thought. Awareness before the knowing.
10. When we had awakened to the 3 Universal characteristics of nature, the **mundane mind** will cease to have power over us. This **awakening's wisdom** will prevent us from being **deceived** by it. Then the whole creation as explained in note 7 above can be **reversed**, by returns all phenomena world of consciousness to the mundane mind and then to the true mind. You will then understand Existence and Life very clearly. Including who are you? What are you and how you function as a human being?
11. Mundane mind is a manifestation of the true mind. **Without wisdom**, the mundane mind will stir and comes to be. The mundane mind is the 5 mental aggregates of form and mind (the thought). Once wisdom is developed, wisdom will protect the mundane mind so that it understands.
12. The true mind is **not cessation** or enlightenment yet.
13. Sister Tammy asked whether the mundane mind and the phenomena world of consciousness are the same. Brother Teoh explained they are not the same. The phenomenon world is as what is perceived by the mundane mind through the sense consciousness. The phenomena world of consciousness becomes like real. Without wisdom, the mundane mind will not understand this Truth and will keep on creating evil roots (Greedy, Hatred and Delusion) in response to the way it perceives the world.
14. Sister Tammy asked how the vows of the Bodhisattva can sustain for many kalpas.
15. Brother Teoh explained that there is no issue if the Bodhisattva has reached the **3<sup>rd</sup> stage of Bodhi mind development** (Bodhi Mind that **illuminate** our **Buddha nature** as **Enlightenment**). As by then, the Bodhisattva would had understood that Samsara is not real. Stage 1 & 2 Bodhisattva may still give up because their mind is not so stable yet (wisdom is still limited) and they may decide to cease the form and mind (at Arahant level) before realizing Samma SamBuddha.

(Above draft short notes were prepared by Sister Mun Yuen)