

Outline short notes for Bro Teoh's Sunday class dated 7th April 2019

Audio : <https://broteoh.com/wp-content/uploads/11-Cultivating-The-Bodhisattva-Way-7-April-2019.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/11-Cultivating-The-Bodhisattva-Way-7-April-2019.jpg>

Brother Teoh's transcript book: **Cultivating the Bodhisattva Way, page 62 to 65**

1. We are all connected in existence. Everything within the conditioned world is **interdependent**. All our natures contribute to what the universe is today. Reason why it is often said, '**one is all and all is one**'.
2. The egoic mind that separates us from the Whole causes us suffering. Enlightened Beings can see clearly this truth or reality of life, i.e. no mark of a self, living being and life and also all phenomena are **conditions arising** and **dependent originating** following **nature's laws**.
3. Explanation by Bro Teoh on - the importance of the **5 Daily Contemplations** as advised by the Buddha.
4. Accept the **law of karma**. **Don't react** to **karmic fruition** with **negativity**. Develop the **right view**. Follow the **Noble Eightfold Path** to **resolve all issues** and **so called problem amicably**. When one can understand this, one's mind can be liberated. If this is **not understood**, one will **suffer** and become **miserable**. **With the Dharma**, life is **beautiful and wonderful**.
5. We cannot just want to help everyone that is suffering because there are **so many suffering beings** in the world and it is **beyond our means**. **When there is no condition, nothing will be done**. When there is condition developed via wisdom, help can be offered. A true cultivator must learn to **differentiate** between **the desire to help (which is a craving)** and **true wisdom**.
6. Relationship is considered important **only for the form and mind** which is **subject to the law of karma**.
7. Buddha hood is realized upon the completion of the cultivation of the Bodhisattva way.
8. **Cultivate** and **investigate** the **Dharma** to have the **understanding to live life**. To **cultivate repentance** to break **karmic obstructions**.
9. Do not continue to **gullibly** play the **game of suffering**, i.e. to indulge and cocoon oneself in **wrong thoughts** via **holding** on to **one's negative thoughts** of **previous** experiences like **fear, worry, phobia, insecurity, anxiety, sorrow** and **lamentation**, etc. which impacted so much suffering on them. Re-playing all these negative memories again and again through **wrong thoughts** can lead to **depression**. Need to be **aware** of all these and **abandon** all these **wrong thoughts** which has **become so habitual** and **so harmful** via applying the **4 right efforts**.
10. Whenever we are **not happy** and **not peaceful**, the **evil roots** and **wrong thoughts** have arisen. There are defilements. When one is caught in a cocoon of wrong thoughts one will be **severely afflicted**.
11. **Question** from Sister PG: **How to establish affinity** with **Great Beings** besides invoking power of merits?

12. Brother Teoh explained that we can pay respect to them and chant names of the Great Beings with faith.
13. Brother Teoh went through the Q&A section of an earlier Klang talk on understanding meditation where Sister Jeanne's son asked whether anapanasati as taught by the Buddha is a technique or a meditation.
14. Meditation is to train the mind to be heedful to cultivate the Noble Eightfold Path (N8FP).
15. **Heedfulness** is to be **ever mindful** and **constantly meditative** of the N8FP.
16. The cultivation of the **4 Foundation of Mindfulness** (after overcoming covetousness and grief) is the **only way** for the **purification of beings**, for **overcoming of sorrow and lamentation** and **to realise enlightenment**:

(1) First foundation – Kayanupassana or mindfulness of the physical body:

- The Buddha recommends us to start with anapanasati which is just a method and technique that serve as an **initial skilful means** to **train** the mind to be **mindful** so that it **does not wander off** and **be lost** in **thoughts**.
- After anapanasati is developed, do not continue to do it without understanding. Use it to **develop Passaddhi** (the silent mind in stillness) until the mind enters sati.
- Then move on to cultivate the **mindfulness of the 4 postures** followed by **mindfulness of all the movements between the 4 postures leading** to the **sati sampajanna** practices. This daily mindfulness cultivation must reach the stability of mindfulness that can enable one to see one's own **mental intentions** and **mental defilements clearly** (starting with the gross tending towards the subtle ones) to understand the spiritual teachings as taught by the Buddha clearly.

(2) Second foundation – vedananupassana or mindfulness of feelings

(3) Third foundation – cittanupassana or mindfulness of the content of consciousness

(4) Fourth foundation – dhammanupassana or mindfulness of the following essential dhamma:

- Mindfulness of 5 mental hindrances
- Mindfulness of 5 aggregates of form and mind
- Mindfulness of 6 internal sense bases and 6 external sense bases
- Mindfulness of the 7 factors of enlightenment
- Mindfulness of the 4 Noble Truths (N8FP is the last Noble Truth)

(Above draft short notes were developed by sister Mun Yuen)