

## **Outline short notes for Sunday class dated 5<sup>th</sup> May 2019**

**Audio :** <https://broteoh.com/wp-content/uploads/12-Cultivating-the-Bodhisattva-Way-5-May-2019.mp3>

**Whiteboard :** <https://broteoh.com/wp-content/uploads/12-Cultivating-the-Bodhisattva-Way-5-May-2019.jpg>

**Reference book:** Bro Teoh's transcript book, '**Cultivating the Bodhisattva Way**', pages 73-77

1. Brother Teoh explained, the **benefits** and **significance** of taking the **Bodhisattva vows** are as follows:
  - When we take the **Bodhisattva vows** with **deep faith** and **sincerity**, we get to immediately **plant** the **Bodhi seed** and the altruistic **Bodhi mind** deep inside our **consciousness** and **nature**. This will give rise to causes and conditions and understanding to drive us to **diligently cultivate** to grow in wisdom, love & compassion quickly thereby **weakening** our **propensity to do evil**.
  - We **no longer live in fear** and **insecurity** borne of **self-delusion** because **we come for the living beings**. After self-delusion is severed, wisdom leading to **further stability** of mind (the 5 spiritual faculties) will arise. It is no more about "Me" only.
  - Taking the **3 sets of Pure Precepts** and the **4 great vows of the Bodhisattva generate vast merits** as it leads to a lot of **wholesomeness** and **ultimately Buddhahood** which is beyond self, thoughts, all marks and all dualities.
  - The vows will remain with us **however many lifetimes it take** for us to **realize the complete enlightenment** and it will always remain deep rooted in our nature.  
(Note: Thus in **an immediate** and **very concrete** way, **after receiving** the **Bodhisattva precepts**, you are **benefiting sentient beings**, a **deed that generates** a vast **amount of merit**. And it is in this way that we **undertake** the practice of the **third set of pure precepts to deliver all sentient beings**. The observance of this precept **actualizes our intention** as put forth in the **four great vows**, and **sets us decisively and firmly** on the Bodhisattva path.)
2. Do not fear breaking the precepts because it **will not erase the vows** that are taken **unless** one expresses the intention **to abandon** the **Bodhi mind**. Breaking precepts will allow you to learn from them and we will understand that it is **never worthwhile** to break the precepts. We can perfect our cultivation to the point that it is impossible to break the precepts.
3. When we are ever mindful, our mind will be very still with inner awareness (in the meditative state) to awaken to the Truth. To do this, we must develop the **initial wisdom** (yonisomanasikara) borne of the first and second turnings wisdom needed to straighten our wrong views. Then with less avijja our mind will become quieter leading to more **stable mindfulness** to enable us to cultivate the **mindfulness** and **clear comprehension** of all movements and actions in the present moment. Daily mindfulness leading to this stability of mind is very important.
4. **Sister PG:** Brother Teoh asked why there is no question just now after the sharing of such a deep and important topic. After I came back from the China trip, I was very lax in my practice. I did not bother to do anything. I have a very silent sitting meditation just now and the 4 vows surfaced, especially the one on perfecting the vows until Buddhahood. Then the tears kept flowing uncontrollably.

5. Bro Teoh reminded all Kalyanamittas: 'Ability to receive the **Bodhisattva precepts** including **its vows** are **very rare** and **very meritorious**. Please do make aspiration and affirmation to understand them clearly and deeply so that this understanding will be with your nature life after life. Do some serious contemplation and reflection to understand this clearly. Continuously remind yourself of the need to break all karmic obstructions which may obstruct you from receiving such teaching. You will see the changes in you after that. Conditions will start to arise for you to receive such teaching later on.'
6. Make the necessary **repentance** and **aspirations** and **do not let this golden window of opportunity go to waste or pass by** without doing anything. Those who **hold the Bodhisattva precepts** and **vows** with **great sincerity** and **unshakable faith** will **connect** very fast.
7. Brother Song shares **his recent experience** of his nature understanding the profound Mahayana sutra/Dharma while chanting at a temple. Tears rolled down his face while he was reciting a sutra and his heart was vibrating strongly. The understanding was not by the thoughts. His thoughts tried to make sense of what was happening but it can't. It was his nature that was with the understanding. When he tried to recall what happened later via his memory, he could not do it.
8. The one which is empty (with nothing) has everything because all things arise from true emptiness.
9. Accumulated views are stored in our memory. They are very powerful and can cause further delusion. If we can penetrate the 5 grasping aggregates of form and mind, we will awaken and have no more suffering.
10. **Bro Song advised:** Do not envy those who have progressed because before they progress they are like you starting from zero base. Just like Bro Song himself in the year 2013, he can't understand my Heart sutra dharma notes and other transcripts despite having read them many times. Have faith. Follow Brother Teoh's advice. Listen to the recordings and do the practice. Take the Bodhisattva precepts and vows with **great faith** sincerely and recite them frequently to stabilize its understanding. Faith is very important. Be **sincere to cultivate diligently** and be **patient**. Do be **too eager** to have progress. (Please do listen to Bro Song's **complete sharing** which was very good via our audio recording).
11. When the energy becomes too strong, just relax into it and let it be.
12. If others draw from your nature's energy, it will not drain it. In fact, your nature will rejoice and become more powerful. This is how Bro Teoh knows whether one has progressed or not especially the collective consciousness of our kalyanamittas force.
13. We can gauge whether we are doing the meditation correctly **by checking** whether we are **more mindful**, **peaceful** and **heedful or not?** And whether you have **more moments of daily mindfulness** and more **space** between thoughts and **less reactions** of mind while experiencing sense experience or not? If you have them, it means you have some progress.

(Above draft outline short notes was prepared by Sister Mun Yuen.)