

## Outline short notes for Bro Teoh's Sunday class dated 14 July 2019

Audio : <https://broteoh.com/wp-content/uploads/18-Cultivating-the-Bodhisattva-Way-The-End-14-July-2019.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/18-Cultivating-the-Bodhisattva-Way-The-End-14-July-2019.jpg>

Brother Teoh's transcript book: Cultivating the Bodhisattva Way, pages 137-142 (completion)

1. Brother Teoh introduced the **new book** to be used for the **next Sunday class** starting **August 2019**. The book is: **“The Path to the Truth – For the modern day Bodhisattva Practitioner”** by Master Shih Cheng Yen of Tzu Chi.
2. True **Dharma cultivation** *encompasses* the **whole of life**. It is not just about **sitting in meditation** and **chanting sutras**.
3. Guan Yin, Pu Hsien, Wen Shu and Ti Chang Wang Pusa are advance Maha Bodhisattvas who had already perfected themselves but delayed their Buddhahood so that they can come back as Bodhisattvas to continue to save living beings. Everything is **causal phenomena** but we can **only understand** it when we **have realized** the **Dharma**.
4. It is our **mental conditionings** that **prevent** us from **recognizing these special beings**. We need to have the **ability to feel** and **sense** their **nature**. To **see the signs** through **our cultivation** or else **our conditioned mind** will deceived us through **our view** and **opinions of things**. **Special beings** have **virtues** which **cannot be seen outwardly**.
5. *‘When the student is ready, the teacher will appear’*. This saying is very true. Through our understanding, vows, aspirations and affinity with their nature, conditions will arise for us to meet up with these special beings.
6. **Virtues** such as **generosity, kindness, gratitude** and **filial piety** will enable us to **perform our duties well** toward nature, living beings and our loved ones, resulting in **great field of merits**. We **never know who we are helping**. Sometime they may be **special beings** or someone who **has the potential** to be **special being**.
7. When faced with **difficult people**, we should **be thankful** as we will **have a chance to practice** the **Dharma** and to be **tested**. Do listen to the audio file on how Venerable Kondanna became the Buddha's first disciple to attain enlightenment.
8. Brother Teoh shares stories of how he can **feels and senses signs** arising during **his spiritual trip’s travels**. Among the stories is how Kalyanamittas got to know Ajahn Achalo of Anandagiri while travelling on a spiritual trip to Thailand in 2012. Ajahn Achalo also has **great affinity** with Guan Yin and Pu Hsien Bodhisattva and all these have paved the way for Kalyanamittas to have the opportunity to partake in all the wholesomeness and meritorious projects carried out by Ajahn in Anandagiri.
9. Brother Teoh advice Kalyanamittas to take the **Bodhisattva vows seriously** as this is a **very rare** window of **opportunity** for them to come across such teaching and understanding in future. Do not miss out on this special opportunity now where we are **blessed with the audio and video recordings, printed text and e-files of the teachings**. Nurture the **Bodhi mind** with **faith, sincerity** and **determination** until it is **deeply rooted** in **our nature** so that **in future** when we come, we will have this **understanding again**.
10. The book on *“Cultivating the Bodhisattva Way”* is **very comprehensive** with teachings on how to cultivate the Bodhisattva way with ease via incorporating how to breaking karmic obstruction through repentance, developing the appropriate aspirations for clear understanding of the dhamma, special vows and how to cultivate affinity with Great Beings. We first need to understand the teaching then only can we progress in the cultivation.

11. If we have mental hindrances, we will not be able to meditate. We need to have the **continuous daily mindfulness** of sati sampajanna first before we can **understand** the **teaching comprising** the **essential dhamma**, the **Dependent Origination**, the **3 Universal characteristics of nature** and the **Four Noble Truths**.
12. With a calm and creative mind in sati, we must **constantly listen, reflect, inquire** and **contemplate** the teachings to arise the **initial wisdom** borne of the 1<sup>st</sup> and 2<sup>nd</sup> turnings. This initial wisdom is important as it will stop us from **re-acting** to **sense experiences**. When this happens, our mind becomes calmer and more composed. When the teachings stand up to investigation, our faith grows and we will have more viriya to cultivate sincerely.
13. Brother Teoh went through the **Avijja Sutta** with us and he **emphasized the importance** of **cultivating steps 4** (initial wisdom) and **5** (mindfulness and clear comprehension) to progress along the path of dhamma cultivation. Do listen to his audio and video recordings to develop the deep penetrative understanding.
14. We have to perfect both our karmic and spiritual natures.
15. To read the outline short notes on 2 July 2019 and 7 July 2019.
16. With Dharma, we will have the good understanding to live the good life when we come to this world again in the future.
17. Brother Teoh shares on Jack Ma whose perseverance makes him successful despite having initial low mentality (failed in school). However, once Jack Ma understood life, i.e. importance of virtues, he became very successful.

(Above draft was prepared by Sister Mun Yuen).