Outline short notes for Bro Teoh's Sunday class dated 22 September 2019


Youtube: Dharma is Life Itself  https://youtu.be/8G279raOSwU

Lesson 2: 'The Path to Truth for the Modern-day Bodhisattva Practitioner' by Master Shih Cheng Yen, page x

1. Life itself is our greatest teacher.
2. Meditation is to be cultivated in the midst of life itself.
3. Dharma is life itself, for Truth is within life itself.
   - The Noble Eightfold Path (N8FP) is about life. Without life, there is no need for Noble Eightfold Path.
4. Every encounter in life can bring about spiritual practice.
   - Meditation can be developed in all postures, under all circumstances and at all times in daily life (clear comprehension of the domain of meditation). We only need to be heedful and constantly meditative following dhammapada verse 23.
5. Tame your mind via cultivating the 5 spiritual faculties, especially mindfulness to train your mind to go beyond mere thought conception (thinking) to realize the true mind (a place of pure, undistracted tranquility and well-being) with no thought.
6. Straighten your views so that there is less ignorance. This will reduce thinking. Straightening of views via the initial wisdom can be cultivated as follows:
   - Constantly listening to the True Dharma to develop the first turning wisdom (suttamaya panna) to straighten one’s views.
   - Then, reflect, contemplate and inquire deeper to develop the second turning wisdom (Cintamaya panna).

Together, these two turnings wisdom will result in yoniso manasikara (initial wisdom) which is wise attention at the moment of sense experience. This initial wisdom will lead to a stable daily mindfulness with clear comprehension (sati sampajana). With sati sampajanna, sense restraint will come to be and then comes the three ways of right conduct. With yoniso manasikara, one becomes more heedful, composed, have less thinking, more aware to experience the tranquility and stillness of mind more easily.

7. One can then Root out habitual tendencies (borne of heedfulness) to transform how one lives life (from heedless living to heedful living).
8. Heedful living will Nurture our wisdom-life.
9. The above clears the misconception of Buddhism as being a religion that promotes escaping from society and the mundane world.

10. We only need to have Faith, Sincerity and Perseverance to cultivate successfully.

11. The following simple virtues are very conducive for cultivation and they are also very effective for cultivators to develop right thoughts and do away with all the negative tendencies associated with one who is without such virtues:

- **Appreciative** of life (When one is appreciative of life one will have **gratitude**)
- **Contentment** (With contentment one will not have crave, envy, jealousy and lust)
- **Cherish** your blessings (then one will heed the advice of the Buddha to take care of karma)

With these simple virtues one will arise mostly right thoughts, then evil thoughts cannot take root. These simple virtues will help overcome a lot of negative tendencies like envy, jealousy, craving, lust, lack of contentment and gratitude towards others, etc.

12. The Bodhisattva Way has 3 stages:

- **Stage 1** is planting the seed of Bodhi deeply into one’s consciousness to arise the Bodhi mind.
- **Stage 2** is to nurture the Bodhi mind
- **Stage 3** is to use this Bodhi mind to walk the path of dharma (Walk the Bodhi path)

11. From 0 (source) comes 1 (first thought of ignorance). From 1 comes infinity (the myriads creations). When mind arises, everything arise. So take care of mind or suffering will follow.

12. Acting from memory (often are your accumulated wrong views, opinions and conditionings including your fear, worry, anxiety, phobia, insecurity, scars of memories, etc.) is not acting at all.

    Act according to understanding or the Dharma way following N8FP is true action. One need to cultivate wisdom to transform and free. To do this one must meditate to develop the contemplative and direct seeing WISDOM to awaken to the Truth.

13. Sister Karen shared how her life and fate changed for the better after cultivating the beautiful Dharma as taught by Bro Teoh. She was full of joy, when told by an old friend of her who can read palms very well - who compared Sister Karen's palm lines when she was 35 year old to her current age palm lines. According to her friend, her palm lines have improved a lot compared to her earlier palm lines. The unwholesome palm lines were all gone and replaced with good and wholesome palm lines.

(The above draft short notes was prepared by Mun Yuen)