

Dear All,

The following just came to **my contemplation** and I **wrote them down** just for sharing. Hope u all can benefit from it. Do **reflect** and **contemplate** on the profound Dharma expressed.

Bye! and with metta always,
Teoh

(A) The nature of mind.....

'If you can have a **stable Silent mind** that is **free** of all **conditionings, views** and **belief systems** then your **mundane** (or thinking) **mind cannot arise** because the **Silent mind** in **pure choiceless awareness** 'cuts' **off all thinking**. 'Cut' off all thinking means it is a **silent mind** which is **without thought**. This '**Silent**' mind is your **true mind, your meditative mind which is just awareness before the knowing** or the **arising of thoughts**. **Before the thinking and the knowing**, there is **no mundane mind**. When *thinking and knowing appear*, the **mundane or the thinking mind** which is also the **egoic mind will arise**. When *mundane mind arise*, **dharma arise**. When dharma arises the **myriad mental forms created by the thinking mind via consciousness** will also arise. And when **form arises, craving, grasping, attachment** and **clinging** via **form and mind identifications** will arise if there is **no wisdom**.

When *craving, clinging or grasping arises*, **suffering** (all the sorrow, lamentation, unhappiness, grief etc.) will be the result. The **mundane mind** via its **thinking** or the **thought will give birth to all the dharma** (*myriad creation and dualities of life*); *like Existence and Life; birth and death; happiness and sorrow (or unhappiness), good and bad, like and dislike, pleasant and unpleasant etc. hence Samsara borne of* **mundane consciousness!** The **mundane consciousness** created the **worlds** and the **continents** and the **knower** becomes the living beings.

(B) The true understanding of Sati or mindfulness.....

The definition of what is 'mindfulness' or 'Sati' is **seldom explained** to the **Buddhist fraternity**. Below is an extract of **my definition** and **explanation** of **what is Sati** to a monk sometime back in April 2008:

"**Sati is awareness before the knowing**. To be in **Sati** is to be with the **moment in pure awareness** (before the knowing) and **without thought** - the **relax, free, and silent** mind which is **not preoccupied with anything** at all to '**observe**' via the '**direct seeing**' or **direct 'observation'** to **realize the truth** and the **reality or the way things are, without** any *distortion or interference* by **one's thoughts, views** and **conditioning**.

Man can only do one thing at a time - that is one is **either mindful** and **in sati with the 'silent mind'** or **lost in thoughts** (preoccupied with **your thinking** and **reactions** to sense experiences). When you are **lost in thought** you **cannot see** because your **thoughts cloud** and **obscure** your **seeing** and they **prevent observation**. It **lacks clarity** because your mind at **those moments** are

so **preoccupied** with your '**doing**' and so called '**meditation**' via your **conditioned thinking, thoughts, views and opinions; hence it is not a 'Free' mind, not an open mind that is not preoccupied** with anything to 'see things as they are' and to **realize** the truth clearly. To really meditate one's mind has to be **Heedful** (i.e. **constantly meditative, ever mindful**, silent and free); Only such a mind can meditate, 'observe', investigate, understand and realise the truth via its **direct or clear 'seeing'** following **Dhammapada verse 23** – “The **constantly meditative, ever mindful and steadfast one will realize the bond free, supreme Nibbana.**” Dhammapada verses 21 and 22 also stressed on the **importance of Heedfulness** (Appamada). Constantly meditative = constantly cultivating the Noble 8-Fold Path.

(C) Meaning of open mind...

Below is an added message that I sent to a **dharma practitioner** to complement her understanding of the above:

“**I wish** you all the **best too** and as per your own advice **do keep an 'open mind'**. Hope u truly understand **its deep meaning** so that your cup is not always full. An 'open mind, is a free mind that is **not rigid, not preoccupied with any views, opinions, ideas and conditioning** – only such a mind is **open to truth** via the **direct seeing** so that it can **realised** the 'Sanditthiko and Akaliko dharma which is beyond thoughts and beyond time (Psychological time).