

Brother Teoh's 9th August 2018 Thursday Talk outline Short Notes

Audio : <http://broteoh.com/wp-content/uploads/2018/08/Teoh-Thu-180809.mp3>

Whiteboard : <https://i1.wp.com/broteoh.com/wp-content/uploads/2018/08/Teoh-Thu-180809.jpg>

1. We are all **heir to our karma, born of our karma, conditioned and supported by our karma** and **we are what we are because of our karma**. But **not everything is due to karma**. We have the **5 panca niyamas** (universal orders) that **governs all of life and existence**. The first two are **scientific laws: Utu niyama & Bija niyama** (nature's **physical order** and **biological order**). Then the other **3 are spiritual laws: Law of Karma** (karma niyama), Law of mind (citta niyama) and Law of Dhamma or Truth (Dhamma niyama).
2. Your mind is very powerful. Citta or mind has its own power and it **operates following another set of nature's law** which the Buddha calls the *Order of the Mind* or **Citta niyama**. This mind can arise *mental intention*, thus *whatever mental intention that comes with the arising of this mind creates karma*. Hence Mind with its content is closely associated with karma.
3. There are **two types of Mind**: the **Mundane Mind** and the **True Mind**.
4. The **Mundane Mind** is also termed as the **thinking mind** because it is *dependent originating and condition arising*. When the form and mind *meditate with understanding* and **awaken**, the resultant wisdom will be connected to this form and mind (when there is enlightenment). This same mind which is **no longer deluded** will transform and become the **Supra mundane Mind**.
5. When the **Mundane Mind ceases** to be, the **True Mind** or the pure awareness before the knowing (which is always there) will manifest.
6. The True Mind (or Pure Awareness) can also cease when the form and mind realizes itself via wisdom and cease leading to Nibbana. This cessation of form and mind is the **unconditioned**, thus it is like 'you' return to the Source. You cannot talk about it as it is an **unconditioned**. It is not a mind state anymore. It is not even the Pure Awareness. Everything ceases.
7. Dhamma niyama is the universal order of Dhamma or Truth as taught by the Buddha. All these 5 nature's universal orders interact at all times and keep on operating. That is *the reason why not everything is due to karma*. Karma is just one aspect of the 5.
8. The Buddha said, 'your **form and mind** is **subject to karma** and **we are all born of our karma, heir to our karma, conditioned and supported by our karma** and *we are what we are because of our karma* hence whatever that happens to us while existing on this existential world are **mostly due to our karmic past**'.
9. You have to understand what karma is. According to the Buddha, 'it is cetana or mental volition that I call karma'. You have a karmic nature, and this one is not you because karmic nature is **not a being**, but *a nature*. It is the **summation** of all your **karmic volitions** since the first thought of ignorance until the present moment. This **karmic nature** is *continuously evolving*. Every moment when you arise a mental intention, it will add on to that karmic nature. Hence your life is not **predestined**. The *past conditioned you* but *it does not dominate over you*. The past is already gone so it cannot be changed. The moment you are born you are supported by your **karmic nature** due to *your past conditions*. But after this moment, you have **a choice** because moment to moment you can introduce **new condition**, thus life is **not pre-**

destined or fixed. This choice **depends** on your *understanding* and *wisdom*. Most humans **don't have** wisdom and understanding, thus their lives are continuously dependent on their karmic past. If their karmic past is full of ignorance and delusion, leading to heedlessness, they will be *conditioned into continuously negativity* most of the time. As the form and mind continues to suffer, until one day it has enough of it then it may wake up and decides to do something else (could be affinity from the past). When conditions arise, and one's life changes because one takes on another path. If you *have **understanding** and **wisdom***, and you *had made past vows and aspirations*, you can actually *avoid the effect of negative karma*. **Karma only happens** when *there are conditions leading to its arising*. When there is **no condition**, karma will **not arise**. **So similarly** *the moment the arising conditions is no longer able to torment one* (due to one's wisdom) then the effect of that karma will cease to be. When you have the **wisdom** and **understanding to prevent** the arising of the conditions, the probability of the karma bearing fruition is very low, unless it is one of the 5 heavy karma.

10. **Sister Tammy's question** on her tendency to stay on the left lane when she drives. **Brother Teoh's reply:** When living life, e.g. driving, sometimes you are conscious and you can make the decision to stay on the left because you think it is better. But if you are **unaware** and **not conscious** while doing that action, then *it could be due to karma*. If you *allow the heedlessness* to bring about the conditions then *accident could happen*. But if **you are aware** and **alert**, you **can avoid** those conditions. Then the **negative karma** that *could lead to accident **may not happen*** because you have taken the appropriate **precaution** by being *more heedful, careful, and attentive* and having good driving skills. You have also **make sure** that your car is *properly serviced and maintained*. When there are more **conscious beings** who are **wise** on earth, it will condition the heedless to be better beings, bringing about real change.
11. Sister Tammy's question: 'The new earth' book by Eckhart Tolle on *growing higher in consciousness*. **Brother Teoh's reply:** Most people are **conscious of life** but **may not be aware of life**. Even the **heedless** are *conscious of life*, but they are **not aware within**. The world Consciousness is the **summation** of all the beings' consciousness on this planet. As the **consciousness evolve**, there will be more *conscious beings who are **more aware** and **mindful*** with *higher consciousness*. When it *has reached a certain critical mass*, the *resultant activities and movements* cannot be stopped. New consciousness works this way and we only needs about 1% of the beings on this planet of ours to have the new consciousness, inner awareness and understanding of life to trigger off such change. When *you are aware, not heedless, you are more mindful, wiser with more understanding*, then you will be *more loving and caring; your nature is kind, gentle and pleasant* and you can't kill or harm people, because you know these brings about suffering which are karmic negativity. The moment you are heedful and mindful, you are destined for enlightenment for **Heedfulness** is the *path to the deathless and the heedful never dies*; whereas the heedless are as if dead.
12. Based on this understanding, Eckhart's first book 'The Power of Now' teaches one **to access** the **present moment** awareness via one's **feeling portal**. When you are in the present moment in silent awareness, you are **not lost in thought or heedless** because you are **not thinking**. You just feel and silent everything, **to access the power of 'Now'** by **staying aware within**. He teaches you to access the True Mind.
13. You must be aware of your 'pain body' (emotional negativity). When there is no condition to trigger, your pain body is dormant. Upon being triggered, pain body brings about pain or

suffering. Eckhart uses the term pain body or emotional negativity in his book, instead of greed, hatred and delusion. *'Pain body' is borne of self-delusion that conditioned you to cling to your fear, phobias, scars of memory, etc. So whenever triggered, you will be affected and afflicted.*

14. The **Bodhisattva is calm, still and tranquil**. *You feel secure and confident around them because you can trust them and feel them. They are so different. They manifest these qualities through their **words** and **action** and their **understanding**. This is how about 1% of these beings can bring about *change and transformation to our world consciousness*.*
15. Malaysia is very blessed because the **country consciousness** has evolved and there are *a lot of spiritual beings* born in Malaysia.
16. Our kalyanamittas are different, *the way they learn the Dharma, the way they conduct themselves and the way they train their mind; they do it with understanding*. Some of them have evolved beautifully without themselves knowing it.
17. Sometimes you doubt because you use your thoughts which **cannot understand Truths** which are *beyond thought*. But *when you go to your nature, it is different*. It can awaken because these **dharma arise** from the **silent mind**. All these are possible because *all our dharma sessions, our spiritual trips, annual retreats and other dharma activities* including the setting up of the *kalyanamitta funds* are **all geared towards providing the appropriate conditions** to support the *kalyanamitta's progress along the path of dharma*. The **conditions there** are all very **wholesome, meritorious, appropriate and conducive** to *brings about spiritual understanding, fellowship and progress along the path of dharma*. They also *get to rejoice, transfer and share merits, offer dana, radiate love, keep and renew their precepts, meditate, listen to dhamma, straighten their views, provide service for Buddhist community. They cultivate Dana, Sila and Bhavana*. These meritorious actions will bring merits to support their **karmic nature and spiritual nature**.
18. While you are here attending all these dharma sessions your **mind states are different**. *Instead of being heedless, you are reaping the spiritual benefit of heedfulness*. That's why *even if you just keep your 5 precepts, it can bring about a lot of wholesomeness and benefits too* because according to the Buddha, keeping precepts is a **source of spiritual happiness or joy, wealth and peacefulness** (*Silena sugatim yanti; silena bhogasampada; silena nibbutim yanti*).
19. As you **transform** and *become different*, you *have the ability to be a blessing to others*. Then **starting** from your family members, peers, in-laws, neighbors, friends and office colleagues, etc. you can touch their hearts by being a blessing to them. They would then be **interested in** understanding *what you are doing* because they **can sense** that you are **so different**. You have **transformed** so *significantly* and you are *such a great and beautiful being to be associated with*.
20. Malaysia is **very blessed** because *our country's consciousness has evolved so beautifully until as if everything has fallen into place* to bring about the recent change of government on May 9, 2018. If the change **had not taken place** then our country will be doomed and Malaysia will be a **failed state**. This dramatic change has **prevented a severe economic crisis of hyperinflation** cause by abuses of power by the previous government. Just like what happened in Venezuela recently.
21. Dharma can bring forth **good understanding** and real transformation in all of us.

22. **How can we avoid Karma?** It is through **wisdom**. And wisdom comes from heedfulness, mindfulness. For example if we *can avoid creating unnecessary conditions* for theft or negative karmic fruition to happen then you are at peace. *Avoid flashing your wealth or publicizing* too much on social media as others may misuse it against you. If you are **heedful** and **mindful**, you will know *what to do, how to cultivate wholesomeness and how to avoid negative conditions from arising*. As you move with **understanding** via following the *advice of the Buddha to avoid all evil, do good and purify your mind*, develop *the 8-fold noble path cultivation*, your **karmic nature** and **spiritual nature** will be beautifully nurtured.
23. Another way to avoid conditions for negative karma to hit is through *making aspirations and vows*. Via seeking the **great beings help** through **cultivating affinity with their nature**. Seek their *constant blessing, protection and guidance*. Expressed your gratitude and thanks towards their nature for having blessed, protected and guide your nature. All these come from wisdom and understanding.

Outline short notes prepared by Sis Chong Phey Yuen