

Outline short notes for Bro Teoh's Sunday class dated 3 November 2019

Audio : <https://broteoh.com/wp-content/uploads/5-The-Path-To-The-Truth-For-The-Modern-Day-Bodhisattva-3-Nov-2019.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/5-The-Path-To-The-Truth-For-The-Modern-Day-Bodhisattva-3-Nov-2019.jpg>

Understanding Seeking - J Krishnamurti Quote 191103 : <https://broteoh.com/wp-content/uploads/Understanding-Seeking-J-Krishnamurti-Quote-191103.jpeg>

YouTube : [Art of Listening https://youtu.be/7-8Gyx4_PA](https://youtu.be/7-8Gyx4_PA) [Understanding Seeking - J. Krishnamurti Quote https://www.youtube.com/watch?v=VXbOJfG23mo&t=223s](https://www.youtube.com/watch?v=VXbOJfG23mo&t=223s)

Ref. book: The **Path to Truth for the Modern-day Bodhisattva Practitioner** by Master Shih Cheng Yen, page 25.

1. Teachings learnt (Pariyati) must be put into practice (Patipatti).
2. **Rare indeed**, is to be born as a **human** during the **Buddha Sasana** and able to **encounter** the **Buddha dhamma**. Therefore we need to seize upon **this opportunity to cultivate sincerely**.
3. We should make **strong aspiration** and **resolve** to come with this **dhamma understanding**, life after life.
4. **Life itself** is the **cultivation** because **life itself** is **our best teacher**. **Wisdom borne of meditation** can enable us to develop the **understanding of life**. Perfection of this understanding can lead one to realize Samma SamBuddhahood.
5. There are 2 aspects to the Teachings. The first aspect is **for lay people to improve** their lives. Lay people are **taught to avoid all evil and to do more goodness**. For this purpose, the **Law of Karma** is taught to lay people initially. However, **having merits alone may not be enough**, as merits only provide better conditions in life but when lay people are **confronted** with the First Noble Truth **realities** of life, they can be easily **afflicted** as they **have not developed the wisdom to free their mind**.
6. The second aspect is to develop **wisdom** so that we are **not deluded** by the phenomena world of consciousness, so that we **do not cling** to these sense experiences and suffer as a result. For this, the Teachings taught us **to purify our mind**. On this aspect of the cultivation, many cultivators are trapped in thought based meditation.
7. What we need to do, is to **understand** the **Teachings clearly**, then put them into **practice to reap** the *fruit* of our hardwork/cultivation.
8. Brother Teoh also discussed **J. Krishnamurti's quote** on **seeking Truth to understand** the **deep meaning of seeking truth**. Many cultivators are trapped in **such seeking**. According to Bro Teoh, you **can only seek** with **understanding**. **Not** when you are **confused**. To seek from within the **field of thoughts** or the **known** (knowledge) is futile (or a waste of time and effort).
9. *What happens if the 'seeker' is the seek?* Seeker always seeks outside of themselves, **not** from **within**. When we look within, we **can realize** our **true nature** (within us), which is **beyond** this mundane mind or the **thoughts**. This is the **unborn / true nature / the unconditioned**. We just need to **silent** our mundane mind, to **realize** this **Nature within**. Then **Meditate** from that **silent awareness** nature within.
10. When we have **wisdom** we will **not cling** or **hold**, so there is **nothing** to let go. *Who needs to let go? The deluded one who holds and clings, right?* So this statement on **practicing** 'letting go' is a **delusion**, a **fallacy** although it may **appear logical**. We just need to realize this.

11. We **cannot seek** from the **known**, basing on the **past** (via our **memory** and **knowledge**) or **thoughts**. That Nature is without words or concept. It is just **an awareness** that can **understand reality** and **the movements of thoughts** from within.
12. Brother Teoh **reminded** us to read again **Appendix 3** of the **Heart Sutra** to understand **Sati** and **meditation** clearly (all as shared and pointed out by Bro Song in his earlier sharing).
13. The moment you are **attentive** without **thought** you are **already aware** (in sati). So when you are **attentively** listening **without** thought that is **true listening**. This is what we call the **art of listening**. When you listen **without** verbalization, **without** chattering, **without** any **reaction** from our **knowledge** and **memory**, that is the **silent mind** listening. You just listen with an **open mind**. Then whatever you listen you can **absorb very clearly**. You will **not prejudice**. So dhamma is about **learning** how to **silent** our mind more and more and be **more attentive**.
14. When we **attend Dharma classes**, we get the chance to **perform** all the **10 meritorious deeds**, needed to generate **wholesomeness** and **build spiritual wealth**. We do our puja **offerings** and chanting to develop the **faith** and **understanding**. We pay respect, rejoice, renew our precepts, make aspiration by invoking power of merits, share and transfer merits, listened to dhamma, straighten one's views and meditate. All these are meritorious actions.
15. The **Bodhisattva vows** when cultivated properly will take us along the Path. **Technically** we **do not need** to do anything.
16. When we **keep precepts** and **cultivate virtues**, we have **no negativities** in us. We **develop sati more easily**. When **sati stabilize**, our mind **can receive** the Teachings **more easily**.
17. Sila, Samadhi and Panna are the Noble Eightfold Path equivalent.
18. **Sila (Morality)** – consist of Right Speech, Right Action, Right Thought, and Right Living path factors.
19. **Samadhi** (Meditative path/Bhavana) – consist of the Sati, Samadhi and 4 Right Efforts path factors.
20. **Panna** (Wisdom / right understanding) – consist of **Right View** which is the first path factor in the N8FP.
21. Buddha also taught us to **practice Dana (generosity)**. So to complete the training we need to cultivate **Dana, Sila and Bhavana** (Samadhi + Panna).
22. When we more heedful, having less thinking, restlessness and stirring of mind, it is a sign of good **progress** in our cultivation.

(Above draft prepared by Sister Mun Yuen)