

Website : <https://broteoh.com/cameron-highlands-retreats-2024/> ([pdf](#))

Retreat study notes :

[Cameron Meditation Retreat 2024 timetable](#)

Cultivating the Bodhisattva Way [pdf](#) [epub](#) [mobi](#)

Difference Between Awareness and Consciousness [pdf](#)

Follow You to Roam the Universe 陪你到天涯 (佛曲) Pei Ni Dou Tian Ya
[video](#)

Heart Sutra 2020 [pdf](#) [epub](#) [mobi](#)

Importance of Having Mindfulness and Heedfulness (A Method Of Stress Release Via Meditation) [pdf](#)

Path to Nibbana: Awakening via Cessation of Form and Mind [pdf](#)

Retreat Chanting book [pdf](#)

Success in Life via Meditation (Seminar Paper) [pdf](#)

Surangama Sutra Notes 12 Mar 2013 (Important Special Dhamma) [pdf](#)

Taking of the Bodhisattva Vows [pdf](#) [epub](#) [mobi](#)

The Essential Dhamma of Lord Buddha [pdf](#)

Thurs Class 4 Apr 2019 Short Notes [PaulFerrini_BookCover](#) [pdf](#)

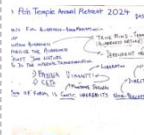
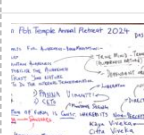
Ultimate Realization to Transcend Life [pdf](#) [epub](#) [mobi](#) [video](#)

Cameron Retreat 23 – 30 August 2024

Audio mp3	Date / Time	Outlines / YouTube	Photos
	23 Aug (Day 1)		
240823 Day 1 (1)	2pm - 5pm	<u>Retreat introduction - Main Purposes and intent</u> 00:00:00 - Introduction 00:47:29 - Whiteboard: Dana Sila Bhavana 01:43:27 - Seminar Paper (Book) 02:26:33 - QnA (Sis Song)	

		<u>Dana (Generosity) Sila (Morality) Bhavana (Meditation)</u> <u>Stabilize Your Daily Mindfulness through a Daily Religious Routine</u> <u>Seek the ultimate truth, not superstition</u>	
<u>240823</u> <u>Day 1 (2)</u>	5pm - 5.30pm	<u>5 Hindrance, 5 Spiritual Faculties</u> 00:00:00 - After meditation session QnA 00:19:22 - Whiteboard: 5 Mental Hindrances , 5 Spiritual Faculties <u>Five Spiritual Faculties & the Five mental Hindrances</u>	
<u>240823</u> <u>Day 1 (3)</u>	6.45pm - 9.30pm	<u>Puja Offering & Heart Sutra pg1 - 15</u> 00:00:00 - Puja Offering 00:25:09 - Heart Sutra page 1 - 15 01:23:14 - 2 aspects of 5 Aggregates of Form and Mind 02:39:00 - Chanting [in Pali] Karaniya Metta Sutta (Discourse on Loving-Kindness) 02:44:48 - Sharing of Merits <u>The Importance of kalyanamittas in Cultivation</u> <u>What is the Ultimate Meaning of Emptiness in the Heart Sutra</u> <u>Why Mahayana teachings are not easy to understand</u> <u>The Deeper Meaning of 2 Aspects of the 5 Aggregates of Form and Mind Life</u> <u>If you don't realize the true enlightenment, you cannot be free from the cycle of birth and death</u> <u>Ways of Mindfulness Training to Realize the True Sati</u>	
	24 Aug (Day 2)		
<u>240824</u> <u>Day 2 (1)</u>	615am- 7.30am	<u>8 Precepts, Morning Exercise & Meditation</u> 00:00:00 - Morning Chanting 00:16:55 - Requesting for Precepts 00:26:48 - Awareness Based Meditation	

		<u>How to develop mindfulness in Meditation</u>	
<u>240824</u> <u>Day 2 (2)</u>	830am-11am	<u>Reflection on Sharing Blessings,5 Daily Recollection, Anattalakkhana Sutta, Heart Sutra pg 16 - 29</u> 00:00:00 - Start of session 00:00:45 - Reflection On Sharing Blessings 00:04:12 - Reflection On 5 Daily Recollection 00:13:17 - Reflection On Anattalakkhana Sutta 00:26:43 - Heart Sutra page 16 - 18 (Poems from ShenXiu and HuiNeng) 01:09:48 - Heart Sutra page 19 - 29 <u>Why couldn't Shenxiu 神秀 attain True Enlightenment via realizing the Cessation of Form and Mind?</u> <u>What did Huineng 慧能 realize through his Awakening?</u> <u>To use the Mind and yet be free from any Attachment via not be deluded by it is True Wisdom 应无所住而生其心</u> <u>Sudden Awakening vs. Gradual Awakening</u>	
<u>240824</u> <u>Day 2 (3)</u>	11am-1130am	<u>Question & Answer</u> 00:00:00 - Meditation Reporting (Bro Beng Fwee) 00:27:08 - Meditation Reporting (Sis Zoey) <u>How to Relax and realize True Sati</u>	
<u>240824</u> <u>Day 2 (4)</u>	1.30pm-3pm	<u>Heart Sutra pg 30 - 43</u> 00:00:00 - Heart Sutra page 30 - 32 00:12:58 - Hsu Yun's Enlightenment 00:40:55 - Heart Sutra page 32 - 34 00:45:43 - Shurangama Quote 00:51:22 - Heart Sutra page 34 - 36 01:02:48 - Don't Try To Remember 01:06:13 - Heart Sutra page 36-42 01:23:15 - Angulimala 01:26:34 - Heart Sutra page 42-43 <u>Why Enlightenment cannot be Forced or attained through Intention?</u> <u>Cessation cannot occur when thought is active</u>	

		<u>Perception of form is consciousness whereas its non-perception is wisdom</u> <u>The Truth Dharma must deliver from the Heart</u> <u>When it comes to cultivation, don't look down on your nature</u>	
240824 Day 2 (5)	3.50pm-6pm	<u>Meditation Reporting & Heart Sutra pg 44 - 63</u> 00:00:00 - End of 3pm meditation session 00:01:18 - Meditation Reporting (Bro Beng Fwee) 00:15:45 - Heart Sutra page 44 00:16:59 - 5 Ways To Overcome Unwholesome Thoughts 00:47:14 - Heart Sutra page 44 - 63 <u>Your trapped consciousness can only be released when you are fully relaxed, and without any thought</u> <u>Is there a specific posture for lying down meditation?</u> <u>Ways to overcome unwholesome thoughts</u> <u>When negative emotions arise, stay aware and be with the emotion to develop the understanding</u>	
240824 Day 2 (6)	6.45pm - 9.15pm	<u>Evening Chanting, Heart Sutra pg 64 - 65 & Chanting</u> 00:00:00 - Evening Chanting 00:23:12 - Heart Sutra page 64 - 65 01:01:08 - Bullock Cart Analogy 01:22:40 - QnA (Sis Soo Yee) 01:29:48 - 3 Types/Levels Of Peace 01:38:03 - Heart Sutra page 65 01:53:39 - Chanting [in Mandarin] 大悲咒 Da Bei Zhou (Great Compassionate Mantra) 01:58:52 - Chanting [in Mandarin] 心经 Xin Jing (Heart Sutra) 02:04:16 - Chanting [in Pali] Sumangala (Blessings, Share Merits, Seek Forgiveness & Make Aspiration) 02:06:12 - Sharing of Merits <u>Important Notes on Lying Down Meditation</u> <u>True Suchness 如如不动</u>	

Sati can lead one back to the source from which all creation arise

Your thoughts activities and emotions are what obscure the true mind
or nature from shining forth

For anything to happen, many conditions must align. Embracing all that occurs reflects true wisdom

Where got mind?

How to Cultivate the Second Turning Wisdom of Contemplation and Reflection

The Law of Dependent Origination is multidimensional

Understanding Why Knowledge Bind (所知障) and Worry Bind (烦恼障) Arise

25 Aug (Day 3)

8 Precepts, Morning Exercise & Meditation

00:00:00 - Renewing 8 Precepts
00:08:45 - Morning Chanting
00:25:33 - Awareness Based Meditation

Heart Sutra pg 65 -83

00:00:00 - Renew Precepts

00:25:57 - Heart Sutra page 65 - 75

01:20:44 - Whiteboard: Contentment

01:37:34 - Chanting Experience (Sis Adeline) Part 1

01:42:17 - Holding onto a Burning 'Problem'

01:55:28 - Chanting Experience (Sis Adeline) Part 2

02:00:46 - Chanting Experience (Sis Alicia)

02:08:48 - Resentment / Gratitude (Sis Soo Yee)

02:09:43 - Chanting Experience (Sis Poh Cheng)

02:15:21 - Heart Sutra page 75 - 83

02:38:10 - Shift of Consciousness

02:44:27 - Right View Leading To Right Thought

Spiritual Happiness, Spiritual Wealth & Peacefulness of Mind

FbH Temple Annual Retreat 2024

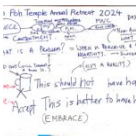
CONTENTMENT

IS IT A REASON? = WHEN IN REASON, A REASONING. — REASON

(NOT A REASON)

Accept This should not have had

Accept This is better to have
(EMBRACE)

		<u>UNDERSTANDING Avijja Sutta</u> <u>Three Mental criteria to Attain the Highest Merits</u> <u>Developing understanding before you begin to cultivate is very important</u> <u>The problem arises when you perceive a situation with negativity</u> <u>Is Ambition a Craving</u> <u>Letting things be means embracing everything that has happened without reacting with negativity</u> <u>Delusion starts with one wrong thought, and then a whole chain of wrong thoughts follows</u> <u>Cultivation is a never-ending path</u> <u>Understanding the Shift of Consciousness</u>	
<u>240825</u> <u>Day 3 (3)</u>	130pm-6pm	<u>Heart Sutra pg 84 - 112</u> 00:00:00 - Heart Sutra page 84 - 92 01:27:45 - Meditation Reporting (Sis Alicia) 01:38:47 - Heart Sutra page 93 - 100 02:38:34 - Aspirations (Sis Eng Bee) 02:46:43 - Joy Of Learning (Bro Beng Fwee) 02:51:12 - Joy Of Learning (Bro Michael Tay) 02:53:50 - 'Sadhu' Rejoicing (Sis Soo Yee) 03:00:44 - Heart Sutra page 100 - 112 <u>Understanding the Stages of Creation via the Four Circles Formation</u> <u>Training of mind starts with developing heedfulness, leading to a very stable of inner awareness</u> <u>Human beings tend to react to sensory experiences out of ignorance</u> <u>Why is thought limited</u> <u>Awareness can observe thought, but thought cannot observe awareness</u> <u>You must have an Open Mind to receive the Truth</u>	

Training daily mindfulness by placing your awareness on bodily movements (Kayanupasana)

Thoughts are response to memories. Then how should we use thoughts?

With clear sati, you can realize your true mind and see all links of dependent origination

Whenever you are not at peace or happy, the roots of greed, hatred, and delusion are present

What actually returns to the Source?

How one interpret each life situation or phenomenon that arise within the moment is crucial

You must vow to meet and recognize all enlightened beings

The meaning of Sadhu

Heart Sutra pg 113 - 139

00:00:00 - Heart Sutra page 113 - 117

00:15:08 - Separation and Death

00:39:01 - Heart Sutra page 117 - 129

01:40:51 - 2 Wonders (Sis Cindy)

01:45:54 - Open Mind and Open Heart (Sis Zoey)

01:54:45 - Heart Sutra page 130 - 139

02:24:40 - Reflection on Tilakkhana (3 Universal Characteristics) Enlightenment

02:29:04 - Reflection on Piyehi Vippayogo (Loss of Loved Ones)

02:36:19 - Sharing of Merits

Don't believe your thought

Question your Wrong Thoughts

Thought is only a response from memory

Have faith in the Dharma and your nature, be sincere and perservere. Don't worry about your progress.

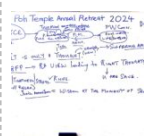
The Buddha's advice on reflecting on the loss of a loved one

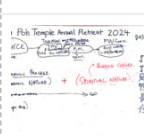
240825
Day 3 (4)

645pm-915pm

	26 Aug (Day 4)		
<u>240826</u> <u>Day 4 (1)</u>	615am - 730am	<u>Morning Chanting, Exercise & Meditation</u> 00:00:00 - Renewing 8 Precepts 00:07:15 - Awareness Based Meditation 00:09:25 - Developing Sati <u>What Happens When Sati has Stabilized/Arises</u>	
<u>240826</u> <u>Day 4 (2)</u>	830am-11am	<u>Heart Sutra pg 140 - 165</u> 00:00:00 - Reflection: Essential Dhamma of Lord Buddha (Book) 00:13:25 - Overcoming Tribulations (Sis PG) 00:38:01 - Heart Sutra page 140 - 149 01:17:59 - Important Special Dhamma 01:33:55 - Heart Sutra page 149 - 165 02:19:38 - It Is Only A Thought <u>Attentiveness is silent awareness before the Knowing</u> <u>Rejoicing will open up your heart</u> <u>How can Transformation Happen?</u> <u>How to Live Life following the Surangama Sutra's teaching</u> <u>The Fire sermon - Everything is Burning</u> <u>18 Sense Realms</u> <u>Understand it's just a thought— it comes and goes. How can it have power to make you miserable?</u>	
<u>240826</u> <u>Day 4 (3)</u>	12pm-1210pm	<u>Heart Sutra pg 166 - 167</u> 00:00:00 - End of 11am meditation session 00:04:01 - Heart Sutra page 166 - 167 00:09:22 - Knife Analogy <u>Heedfulness must be stabilized and sustained until one is ever mindful</u>	

240826 Day 4 (4)	130pm-3pm	<u>Heart Sutra pg 167-185</u> 00:00:00 - Heart Sutra page 167 - 181 00:40:41 - Heart Sutra page 182 - What Is Meditation As Taught By The Buddha? 00:43:32 - Mind Sweeping Method 01:00:51 - Heart Sutra page 183 - 184 01:20:15 - Seeing Mountain (Bro Kong Chai) 01:23:33 - Heart Sutra page 185 - Flag Move Or Wind Move <u>What is the Mediation as taught by the Buddha?</u>	
240826 Day 4 (5)	340pm-615pm	<u>Heart Sutra pg 185 - 206 & 4 Apr 2019 Notes</u> 00:00:00 - Heart Sutra page 185 - 199 00:43:08 - Heart Sutra page 200 - Dependent Origination (12 Links) 01:09:44 - Heart Sutra page 201-206 01:43:49 - Chanting Experience (Sis Cindy) 01:48:30 - Chanting [in Pali] PAṬICCA SAMUPPĀDA (Dependent Origination) 01:58:02 - Outline Short Notes of 4-Apr-2019 class <u>The vows of Guan Yin Bodhisattva 观音菩萨 are very powerful and have helped me before</u> <u>The most Lucid explanation of the 12 Links of Dependent Origination (Paṭicca Samuppāda)</u> <u>Don't stir your mind, avoid labeling sensations, just stay with them. Transformation will happen</u> <u>Why does an enlightened being seldom think? Because they have transcended avijjā (ignorance).</u> <u>When you are aware that you are heedless, that very movement of attention is awareness</u> <u>Whenever you are not peaceful, unhappy or miserable, the wrong thoughts are there</u> <u>With Awareness, you have space between thoughts</u> <u>If you don't know who you are, then who is living your life? Deluded thoughts are living your life</u>	

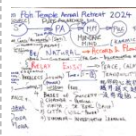
		<u>Silence is the essence of our Nature or True Mind</u>	
<u>240826</u> <u>Day 4 (6)</u>	7pm-930pm	<u>Heart Sutra pg 207 - 244, Trinity to understand Cultivation, Mind Training & Chanting</u> 00:00:00 - Start of evening session 00:08:50 - Heart Sutra page 207 - 218 00:15:17 - Heart Sutra page 219 (JKQuote on Awareness) 00:23:50 - Heart Sutra page 219 - 237 01:12:12 - Heart Sutra page 243 (Trinity To Understand Cultivation) 01:22:07 - Heart Sutra page 243 - 244 (Trained Mind vs Untrained Mind) 01:40:52 - Chanting [in Mandarin] 大悲咒 Da Bei Zhou (Great Compassionate Mantra) 01:45:49 - Chanting [in Mandarin] 心经 Xin Jing (Heart Sutra) 01:50:22 - Chanting [in Pali] Maha Mangala Sutta (Discourse on the Highest Blessings) 02:02:34 - Sharing of Merits <u>The more relaxed you are, the easier it is to enter deep meditation</u> <u>Sati is the Silent, Choice-less Observation of What Is</u> <u>Is this Sati?</u> <u>Vigilance or Awareness is NOT Disciplined or Focused Attention</u> <u>Space between Thoughts</u> <u>How the Mystery of Life Unfolds</u> <u>A problem is never solved on its own level; being complex it must be understood in its total process</u> <u>Using the Trinity triangle to Understand Cultivation</u> <u>Training the Mind</u>	
	27 Aug (Day 5)		
<u>240827</u> <u>Day 5 (1)</u>	615am - 730am	<u>Morning Chanting, Exercise & Meditation</u>	

		00:00:00 - Renewing 8 Precepts 00:05:46 - Awareness Based Meditation 00:07:11 - Aware of movements no matter how small (e.g. blinking of eye) <u>You need to develop sensitivity to every body movement to stabilize your Sati</u>	
240827 Day 5 (2)	8am-11am	<u>Bodhisattva Way of Cultivation pg 1-20,88 - 89,96-98, 98-99 & Taking of the Bodhisattva Vows</u> 00:00:00 - Morning Chanting 00:16:52 - Cultivating the Bodhisattva Way page 1 - 7 00:26:11 - Puja Offerings and Aspirations 00:42:17 - Cultivating the Bodhisattva Way page 9 - 20 01:28:47 - Cultivating the Bodhisattva Way page 88 - 89 01:37:11 - TAKING OF THE BODHISATTVA VOWS 01:49:50 - Cultivating the Bodhisattva Way page 96 - 98 02:00:13 - Liao Liao Jian Xing Chang Zhu (了了见性长住) 02:07:09 - Karmic Nature and Spiritual Nature 02:10:25 - Search For Teacher (Sis Padmasuri) 02:12:51 - Karmic Nature and Spiritual Nature (continued) 02:21:12 - Cultivating the Bodhisattva Way page 98 - 99 02:28:04 - Vows Become Part Of You <u>Understanding Spiritual and Karmic Nature</u> <u>The 5 stages of Bodhi Mind Development</u> <u>The Beauty of the Bodhisattva Way</u> <u>You must plant the seed of Bodhi well to be reminded of your Vows and Understanding Life after Life</u>	
240827 Day 5 (3)	130pm-240pm	<u>Difference Between Awareness and Consciousness pg 1 - 6</u> 00:00:00 - Difference Between Awareness and Consciousness pg 1 - 6 00:20:18 - Recent Books 00:33:32 - Ren Sheng Nan De (人生难得) 00:35:50 - Dhamma In Daily Life (True Life Experiences) 01:01:24 - Walking Meditation <u>Thought will be subject to Karma when you lack Wisdom</u>	

		<u>If you don't have Your Past Affinity, you will not be able to receive this Teaching</u> <u>How to cultivate Walking Meditation?</u>	
<u>240827</u> <u>Day 5 (4)</u>	4pm-6pm	<u>Difference Between Awareness and Consciousness pg 6 -15</u> 00:00:00 - A Glimpse of the Dhamma 00:02:57 - Difference Between Awareness and Consciousness pg 6 00:18:54 - Attempt To Answer (Bro Michael Tay) 00:46:21 - Difference Between Awareness and Consciousness pg 6 - 15 01:25:27 - Sankhara - Sanna 01:39:50 - Brain Like A Computer (Mrs Teoh) 01:55:24 - Bitterguord Face (Sis Alicia) 02:00:39 - Time (Sis Poh Cheng) <u>Maintain inner Peace, Tranquillity, and Awareness for as Long as you can</u> <u>Difference Between Awareness and Consciousness</u> <u>The Experience of Awareness</u> <u>You may be Conscious of life, but you are Not Necessarily Aware</u> <u>Awareness is Beyond the Conscious Mind</u> <u>Second Turning Wisdom is Crucial for Stabilizing your Understanding</u> <u>Sankhara Sanna</u> <u>My Direct Seeing Experience</u> <u>Why Acting According to Memories Is Not Acting at All?</u>	
<u>240827</u> <u>Day 5 (5)</u>	645pm-915pm	<u>Difference Between Awareness and Consciousness pg 15 - 41</u> 00:00:00 - Evening Chanting 00:15:02 - Meditation Reporting (Sis Soo Yee) 00:17:08 - Meditation Reporting (Sis Poh Cheng) 00:22:40 - Mind-To-Mind Seal 00:52:27 - Difference Between Awareness and Consciousness pg 15 - 41	

		<u>Understanding Mind to Mind Seal Transmission</u> <u>To stabilize one's awareness, one must be Mindful and Aware at all the Time</u>	
	28 Aug (Day 6)		
<u>240828</u> <u>Day 6 (1)</u>	615am-730am	<u>Morning Chanting, Exercise & Meditation</u> 00:00:00 - Renew Precepts 00:05:38 - Awareness Based Meditation 00:11:38 - Be Natural <u>Don't worry about stability. Be natural; awareness will come.</u>	
<u>240828</u> <u>Day 6 (2)</u>	830am-10am	<u>Difference Between Awareness and Consciousness pg 42-50</u> 00:00:00 - Morning Chanting 00:15:15 - Accord & Flow 00:16:37 - Difference Between Awareness and Consciousness pg 42 - 50 00:32:59 - Trinity To Understand Cultivation 00:52:53 - 3 Very Important Basics for Progress in Cultivation 00:58:21 - 4 Bases of Success in Mundane Living 01:03:15 - Path To Nibbana page 3 - 5 01:26:41 - Smarts And Control (Sis Poh Cheng) 01:34:06 - Path To Nibbana page 5 - 11 <u>The Essential Understanding Needed for Progress in Cultivation</u> <u>Awareness makes you more aware and sensitive</u> <u>Through your delusion, you think everything you want is lasting and real</u>	
<u>240828</u> <u>Day 6 (3)</u>	1130am-12pm	<u>Path to Nibbana pg 11-21</u> <u>The 4th Daily Contemplation - Reality of Separation</u>	
<u>240828</u> <u>Day 6 (4)</u>	130pm - 3pm	<u>Path to Nibbana pg 22-47</u> <u>Don't let this golden opportunity slip by.</u> <u>You only need to cultivate affinity with Bodhisattvas, and they will guide you along the path</u> <u>Without Awareness, we just flow heedlessly and entangle ourselves resulting suffering</u>	

		<u>Life is your greatest teacher. Without experiencing it, you cannot develop wisdom</u>	
240828 Day 6 (5)	410pm-6pm	<u>Path to Nibbana pg 48-60</u> 00:00:00 - Path To Nibbana page 48 - 53 00:16:16 - 4 Circle Formation 00:41:54 - Path To Nibbana page 53 - 60 01:05:13 - Sunnata (Sis Nancy) 01:16:18 - Yellow Card Vows Section 3-C (Bro Beng Fwee) 01:20:28 - Time to cover most recent book 01:26:51 - Ultimate Realization to Transcend Life page 2 - 5 <u>Seeing the mind's reactions to Sense Experience, due to wrong views, brings Wisdom</u> <u>Complete explanation of the Four Circles Formation</u> <u>Emptiness</u> <u>How to cultivate wisdom to help liberate all sentient beings</u>	
240828 Day 6 (6)	7pm-950pm	<u>Ultimate Realization to Transcend Life pg 6-47 & Pei Ni Dao Tian Ya</u> 00:00:00 - Ultimate Realization to Transcend Life page 6 - 11 00:11:28 - Awareness Based Meditation 00:17:42 - Ultimate Realization to Transcend Life page 11 - 43 01:16:25 - Right Speech, Right Thought and Wrong Thought 01:32:43 - Ultimate Realization to Transcend Life page 43 - 47 01:44:51 - Pei Ni Dao Tian Ya (陪你到天涯) 02:16:00 - Taking Vows Tradition <u>Understand That You Have Two Minds</u> <u>To Avoid All Evil, You Must Understand What Constitutes Evil</u> <u>The 3 levels of Seeing</u> <u>Explanation of the Song : Follow You to Roam the Universe (Buddhist Music) 陪你到天涯 Pei Ni Dou Tian Ya</u>	

		<u>Why Is Cultivating Strong Affinity with Buddhas and Bodhisattvas So Important?</u>	
	29 Aug (Day 7)		
<u>240829</u> <u>Day 7 (1)</u>	615am-730am	<u>Renew Precepts & Exercise</u> 00:00:00 - Renew Precepts 00:11:20 - Morning Exercises (Mindfulness and Weights) 00:26:08 - Awareness Based Meditation <u>The Last Support: Trust Your Nature to Do the Internal Meditative Movement</u>	
<u>240829</u> <u>Day 7 (2)</u>	830am-12pm	<u>Ultimate Realization to Transcend Life pg 47-60</u> 00:00:00 - Morning Chanting 00:13:54 - Awareness Based Meditation 00:16:50 - Ultimate Realization to Transcend Life page 47 - 48 00:17:15 - Physical Time and Psychological Time 00:26:04 - 3 Poisons / Evil Roots (Lobha, Dosa, Moha) 00:38:30 - Ultimate Realization to Transcend Life page 47 - 48 00:40:35 - Reflection on Lobha and Dosa (Sis Soo Yee) 00:45:57 - Ultimate Realization to Transcend Life page 48 00:56:47 - Mindfulness and Recovery (Dr Jay) 01:09:57 - Unshakeable Faith (Sis Zoey) 01:14:35 - Awareness at the Heart Area (Sis Yoon Chun) 01:18:15 - Rejoice with Sharing, Transformation to Truly Live Life 01:25:59 - Meditation with Guidance (Sis Adeline) 01:47:25 - Ultimate Realization to Transcend Life page 48 - 60 <u>The belief that you are a permanent, unchanging entity is a Delusion</u> <u>Understanding Greed (Lobha), Aversion (Dosa), and Delusion (Moha)</u> <u>Everything is Dependent Originating and Condition Arising Dhamma</u> <u>Mindful of the Moment</u> <u>Even if I need to crawl I would still come to this retreat</u>	

		<u>To truly live, we need to recognize the pristine beauty and wonders of life</u> <u>The more stable your sati, the more tranquil and still your heart becomes</u> 把你的心放得越大,就越没有烦恼 <u>Whatever that can explain the way things are, is the Truth</u>
<u>240829</u> <u>Day 7 (3)</u>	2pm-3pm	<u>Ultimate Realization to Transcend Life pg 61 - 62, Closing Ceremony & Group Photo</u> 00:00:00 - Brief on Retreat Drawing to a Close 00:16:50 - Ultimate Realization to Transcend Life page 61 - 62 00:25:12 - Closing Ceremony (Expression of Thanks and Gratitude) 00:39:59 - Closing Ceremony (Asking For Forgiveness) 00:41:38 - Closing Ceremony (Dhamma Advice From Fa Chan Sifu) 00:45:26 - Intro of Retreat Helpers and Book on Depression / Overcoming Stress 00:48:07 - Closing Ceremony (Appreciation For Retreat Helpers) 00:53:49 - Group Photos <u>The Unique Characteristics of our Pure Awareness Nature</u>
<u>240829</u> <u>Day 7 (4)</u>	4pm-6pm	<u>Importance of Having Mindfulness pg 1-50 & Kalyanamittas Sharing</u> 00:00:00 - Start of 4pm Session 00:00:26 - Importance of Having Mindfulness page 1 - 50 01:16:45 - Sharing by Bro Song 01:43:10 - Sharing by Sis Padmasuri <u>You will experience this once you have the Understanding</u>
<u>240829</u> <u>Day 7 (5)</u>	645pm-915pm	<u>Kalyanamittas Sharing & Chanting</u> 00:00:00 - Simplified Puja 00:05:59 - Sharing by Sis Padmasuri (continued) 00:24:55 - Sharing by Mrs Teoh 00:46:59 - Sharing by Sis Zoey 01:13:18 - Sharing by Sis Cindy

		01:22:26 - Sharing by Sis Nancy 01:28:50 - Sharing by Sis Song 01:43:33 - Sharing by Sis Poh Lian 01:44:32 - Sharing by SisPG 01:57:07 - Chanting [in Sanskrit] Om mani padme hum (Mantra of Avalokiteshvara bodhisattva) 02:01:06 - Sharing of Merits 02:04:10 - Faith and Cultivate Strong Affinity with Kuan Yin Pu Sa <u>Can you accept the reality of life and existence and then move on to resolve your problems amicably</u> <u>This is not me anymore! That is the true understanding</u> <u>You must contemplate the essential Dhamma until it becomes very clear</u>
	30 Aug (Day 8)	
<u>240830</u> <u>Day 8 (1)</u>	615am - 730am	<u>Morning Chanting & Kalyanamittas Sharing</u> 00:00:00 - Simplified Puja 00:07:38 - Sharing by Sis Mun Yuen 00:43:46 - Sharing by Sis Han 00:46:27 - Sharing by Bro Kong Chai <u>The Problem with Human Beings is that they live their lives in Disorder</u> <u>Only when your heart is activated and opens can you truly experience Sati</u> <u>This is how your Brain works</u>
<u>240830</u> <u>Day 8 (2)</u>	83am - 10am	<u>Kalyanamittas Sharing</u> 00:00:00 - Start of Retreat's Last Day's Final Session 00:01:08 - Sharing by Bro Michael Tay 00:11:30 - Sharing by Bro Beng Fwee 00:46:19 - Sharing by Bro KC 00:57:24 - Sharing by Sis Tracy 00:59:35 - Sharing by Sis Seng Wah 01:05:25 - Sharing by Sis Lay Hong 01:07:44 - Sharing by Sis Alicia 01:16:45 - Sharing by Sis Poh Cheng

01:25:00 - Asking For Forgiveness

01:27:43 - Thank You!

01:29:21 - Help Needed for Mini Video Suggestions (Bro Chin How)

When you don't resist wrong thoughts, the body will heal itself

You will go crazy if you use psychological memories to live life

Choiceless Observation is Awareness before the Knowing

Awareness based Meditation is like a paradigm shift to me

Once you see the teaching it is as simple as flipping your palm, you'll progress

My First time lying down meditation was so Amazing

Craving for progress in cultivation will obstruct your progress

Group Photo





End of Cameron Retreat

Past Cameron Highlands Retreats

[Cameron Highlands Retreats 2023 \(18 - 26 October\)](#)

[Cameron Highlands Retreats 2022 \(27 August – 4 September\)](#)

[Cameron Highlands Retreats 2020 \(14 – 21 March\) Retreat Cancel due to MCO](#)

[Cameron Highlands Retreats 2019 \(15 – 23 March\)](#)

[Cameron Highlands Retreats 2018 \(16 – 24 March\)](#)

[Cameron Highlands Retreats 2017 \(11 – 19 March\)](#)

[Cameron Highlands Retreats 2016 \(3 – 20 March\)](#)

[Cameron Highlands Retreats 2015 \(14 – 22 March\)](#)

[Cameron Highlands Retreats 2014 \(22 – 30 March\)](#)

[Cameron Highlands Retreats 2013 \(1 – 4 March\)](#)