

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
	<b>23 Aug (Day 1)</b>		
<a href="#">240823 Day 1 (1)</a>	2pm - 5pm	<b><a href="#">Retreat introduction - Main Purposes and intent</a></b>  00:00:00 - Introduction 00:47:29 - Whiteboard: Dana Sila Bhavana 01:43:27 - Seminar Paper (Book) 02:26:33 - QnA (Sis Song)  <a href="#">Dana (Generosity) Sila (Morality) Bhavana (Meditation)</a>	

		<p><u>Stabilize Your Daily Mindfulness through a Daily Religious Routine</u></p> <p><u>Seek the ultimate truth, not superstition</u></p>	
<p><u>240823</u> <u>Day 1 (2)</u></p>	<p>5pm - 5.30pm</p>	<p><b><u>5 Hindrance, 5 Spiritual Faculties</u></b></p> <p>00:00:00 - After meditation session QnA 00:19:22 - Whiteboard: 5 Mental Hindrances , 5 Spiritual Faculties</p> <p><u>Five Spiritual Faculties &amp; the Five mental Hindrances</u></p>	
<p><u>240823</u> <u>Day 1 (3)</u></p>	<p>6.45pm - 9.30pm</p>	<p><b><u>Puja Offering &amp; Heart Sutra pg1 - 15</u></b></p> <p>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</p> <p><u>The Importance of kalyanamittas in Cultivation</u></p> <p><u>What is the Ultimate Meaning of Emptiness in the Heart Sutra</u></p> <p><u>Why Mahayana teachings are not easy to understand</u></p> <p><u>The Deeper Meaning of 2 Aspects of the 5 Aggregates of Form and Mind Life</u></p> <p><u>If you don't realize the true enlightenment, you cannot be free from the cycle of birth and death</u></p> <p><u>Ways of Mindfulness Training to Realize the True Sati</u></p>	
	<p><b>24 Aug (Day 2)</b></p>		
<p><u>240824</u> <u>Day 2 (1)</u></p>	<p>615am- 7.30am</p>	<p><b><u>8 Precepts, Morning Exercise &amp; Meditation</u></b></p> <p>00:00:00 - Morning Chanting 00:16:55 - Requesting for Precepts 00:26:48 - Awareness Based Meditation</p> <p><u>How to develop mindfulness in Meditation</u></p>	

<p><u>240824</u> <u>Day 2 (2)</u></p>	<p>830am-11am</p>	<p><b><u>Reflection on Sharing Blessings,5 Daily Recollection, Anattalakkhana Sutta, Heart Sutra pg 16 - 29</u></b></p> <p>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</p> <p><u>Why couldn't Shenxiu 神秀 attain True Enlightenment via realizing the Cessation of Form and Mind?</u></p> <p><u>What did Huineng 慧能 realize through his Awakening?</u></p> <p><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></p> <p><u>Sudden Awakening vs. Gradual Awakening</u></p>	
<p><u>240824</u> <u>Day 2 (3)</u></p>	<p>11am-1130am</p>	<p><b><u>Question &amp; Answer</u></b></p> <p>00:00:00 - Meditation Reporting (Bro Beng Fwee)  00:27:08 - Meditation Reporting (Sis Zoey)</p> <p><u>How to Relax and realize True Sati</u></p>	
<p><u>240824</u> <u>Day 2 (4)</u></p>	<p>1.30pm-3pm</p>	<p><b><u>Heart Sutra pg 30 - 43</u></b></p> <p>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</p> <p><u>Why Enlightenment cannot be Forced or attained through Intention?</u></p> <p><u>Cessation cannot occur when thought is active</u></p> <p><u>Perception of form is consciousness whereas its non-perception is wisdom</u></p> <p><u>The Truth Dharma must deliver from the Heart</u></p>	

When it comes to cultivation, don't look down on your nature

240824  
Day 2 (5)

3.50pm-6pm

**Meditation Reporting & Heart Sutra pg 44 - 63**

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

Your trapped consciousness can only be released when you are fully relaxed, and without any thought

Is there a specific posture for lying down meditation?

Ways to overcome unwholesome thoughts

When negative emotions arise, stay aware and be with the emotion to develop the understanding

240824  
Day 2 (6)

6.45pm - 9.15pm

**Evening Chanting, Heart Sutra pg 64 - 65 & Chanting**

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

Important Notes on Lying Down Meditation

True Suchness 如如不动

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

Your thoughts actives 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

8 Fish Temple Annual Retreat 2024 345  
1. The Buddha's teaching...  
2. The Buddha's teaching...  
3. The Buddha's teaching...  
4. The Buddha's teaching...  
5. The Buddha's teaching...  
6. The Buddha's teaching...  
7. The Buddha's teaching...  
8. The Buddha's teaching...  
9. The Buddha's teaching...  
10. The Buddha's teaching...

8 Fish Temple Annual Retreat 2024 345  
1. The Buddha's teaching...  
2. The Buddha's teaching...  
3. The Buddha's teaching...  
4. The Buddha's teaching...  
5. The Buddha's teaching...  
6. The Buddha's teaching...  
7. The Buddha's teaching...  
8. The Buddha's teaching...  
9. The Buddha's teaching...  
10. The Buddha's teaching...

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)**

240825  
Day 3 (1)

615am-730am

**8 Precepts, Morning Exercise & Meditation**

00:00:00 - Renewing 8 Precepts

00:08:45 - Morning Chanting

00:25:33 - Awareness Based Meditation

240825  
Day 3 (2)

830am-12.15pm

**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

UNDERSTANDING Avijja Sutta

Three Mental criteria to Attain the Highest Merits


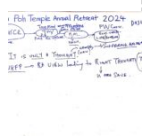
Developing understanding before you begin to cultivate is very important

The problem arises when you perceive a situation with negativity

Is Ambition a Craving

Foh Temple Annual Retreat 2024  
Contentment - When in presence of reality  
AT is a Reason? - When in presence of reality  
(not a reality)  
This should not have the  
Precept This is better to know  
(EMBRACE)



		<p><u>How one interprets each life situation or phenomenon that arises within the moment is crucial</u></p> <p><u>You must vow to meet and recognize all enlightened beings</u></p> <p><u>The meaning of Sadhu</u></p>	
<p><u>240825</u> <u>Day 3 (4)</u></p>	<p>645pm-915pm</p>	<p><b><u>Heart Sutra pg 113 - 139</u></b></p> <p>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</p> <p><u>Don't believe your thought</u></p> <p><u>Question your Wrong Thoughts</u></p> <p><u>Thought is only a response from memory</u></p> <p><u>Have faith in the Dharma and your nature, be sincere and perservere.</u>  <u>Don't worry about your progress.</u></p> <p><u>The Buddha's advice on reflecting on the loss of a loved one</u></p>	
	<p><b>26 Aug (Day 4)</b></p>		
<p><u>240826</u> <u>Day 4 (1)</u></p>	<p>615am - 730am</p>	<p><b><u>Morning Chanting, Exercise &amp; Meditation</u></b></p> <p>00:00:00 - Renewing 8 Precepts  00:07:15 - Awareness Based Meditation  00:09:25 - Developing Sati</p> <p><u>What Happens When Sati has Stabilized/Arises</u></p>	
<p><u>240826</u> <u>Day 4 (2)</u></p>	<p>830am-11am</p>	<p><b><u>Heart Sutra pg 140 - 165</u></b></p> <p>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</p>	

		<p>01:17:59 - Important Special Dhamma  01:33:55 - Heart Sutra page 149 - 165  02:19:38 - It Is Only A Thought</p> <p><u>Attentiveness is silent awareness before the Knowing</u></p> <p><u>Rejoicing will open up your heart</u></p> <p><u>How can Transformation Happen?</u></p> <p><u>How to Live Life following the Surangama Sutra's teaching</u></p> <p><u>The Fire sermon - Everything is Burning</u></p> <p><u>18 Sense Realms</u></p> <p><u>Understand it's just a thought— it comes and goes. How can it have power to make you miserable?</u></p>	
<p>240826  Day 4 (3)</p>	<p>12pm-1210pm</p>	<p><b><u>Heart Sutra pg 166 - 167</u></b></p> <p>00:00:00 - End of 11am meditation session  00:04:01 - Heart Sutra page 166 - 167  00:09:22 - Knife Analogy</p> <p><u>Heedfulness must be stabilized and sustained until one is ever mindful</u></p>	
<p>240826  Day 4 (4)</p>	<p>130pm-3pm</p>	<p><b><u>Heart Sutra pg 167-185</u></b></p> <p>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</p> <p><u>What is the Mediation as taught by the Buddha?</u></p>	
<p>240826  Day 4 (5)</p>	<p>340pm-615pm</p>	<p><b><u>Heart Sutra pg 185 - 206 &amp; 4 Apr 2019 Notes</u></b></p> <p>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</p>	





Sati is the Silent, Choice-less Observation of What Is

Is this Sati?

Vigilance or Awareness is NOT Disciplined or Focused Attention

Space between Thoughts

How the Mystery of Life Unfolds

A problem is never solved on its own level; being complex it must be understood in its total process

Using the Trinity triangle to Understand Cultivation

Training the Mind

**27 Aug (Day 5)**

240827  
Day 5 (1)

615am - 730am

**Morning Chanting, Exercise & Meditation**

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)

You need to develop sensitivity to every body movement to stabilize your Sati

240827  
Day 5 (2)

8am-11am

**Bodhisattva Way of Cultivation pg 1-20,88 - 89,96-98, 98-99 & Taking of the Bodhisattva Vows**

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

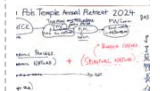
02:10:25 - Search For Teacher (Sis Padmasuri)

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

Understanding Spiritual and Karmic Nature



The 5 stages of Bodhi Mind Development

The Beauty of the Bodhisattva Way

You must plant the seed of Bodhi well to be reminded of your Vows and Understanding Life after Life

240827  
Day 5 (3)

130pm-240pm

**Difference Between Awareness and Consciousness pg 1 - 6**

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)

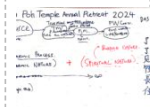
00:35:50 - Dhamma In Daily Life (True Life Experiences)

01:01:24 - Walking Meditation

Thought will be subject to Karma when you lack Wisdom

If you don't have Your Past Affinity, you will not be able to receive this Teaching

How to cultivate Walking Meditation?



240827  
Day 5 (4)

4pm-6pm

**Difference Between Awareness and Consciousness pg 6 -15**

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)

Maintain inner Peace, Tranquillity, and Awareness for as Long as you can

Difference Between Awareness and Consciousness

The Experience of Awareness

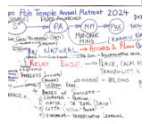
You may be Conscious of life, but you are Not Necessarily Aware

Awareness is Beyond the Conscious Mind

Second Turning Wisdom is Crucial for Stabilizing your Understanding

		<p><u>Sankhara Sanna</u></p> <p><u>My Direct Seeing Experience</u></p> <p><u>Why Acting According to Memories Is Not Acting at All?</u></p>	
<p><u>240827</u> <u>Day 5 (5)</u></p>	<p>645pm-915pm</p>	<p><b><u>Difference Between Awareness and Consciousness pg 15 - 41</u></b></p> <p>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</p> <p><u>Understanding Mind to Mind Seal Transmission</u></p> <p><u>To Stabilize one's Awareness, one must be Mindful and Aware at All Times</u></p>	
	<p><b>28 Aug (Day 6)</b></p>		
<p><u>240828</u> <u>Day 6 (1)</u></p>	<p>615am-730am</p>	<p><b><u>Morning Chanting, Exercise &amp; Meditation</u></b></p> <p>00:00:00 - Renew Precepts  00:05:38 - Awareness Based Meditation  00:11:38 - Be Natural</p> <p><u>Don't worry about stability. Be natural; awareness will come.</u></p>	
<p><u>240828</u> <u>Day 6 (2)</u></p>	<p>830am-10am</p>	<p><b><u>Difference Between Awareness and Consciousness pg 42-50</u></b></p> <p>00:00:00 - Morning Chanting  00:15:15 - Accord &amp; 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></p>	

240828 Day 6 (3)	1130am-12pm	<p><b><u>Path to Nibbana pg 11-21</u></b></p> <p><u>The 4th Daily Contemplation - Reality of Separation</u></p>
240828 Day 6 (4)	130pm - 3pm	<p><b><u>Path to Nibbana pg 22-47</u></b></p> <p><u>Don't let this golden opportunity slip by.</u></p> <p><u>You only need to cultivate affinity with Bodhisattvas, and they will guide you along the path</u></p> <p><u>Without Awareness, we drift Heedlessly and Entangle ourselves, resulting in Suffering</u></p> <p><u>Life is your greatest teacher. Without experiencing it, you cannot develop wisdom</u></p>
240828 Day 6 (5)	410pm-6pm	<p><b><u>Path to Nibbana pg 48-60</u></b></p> <p>00:00:00 - Path To Nibbana page 48 - 53</p> <p>00:16:16 - 4 Circle Formation</p> <p>00:41:54 - Path To Nibbana page 53 - 60</p> <p>01:05:13 - Sunnata (Sis Nancy)</p> <p>01:16:18 - Yellow Card Vows Section 3-C (Bro Beng Fwee)</p> <p>01:20:28 - Time to cover most recent book</p> <p>01:26:51 - Ultimate Realization to Transcend Life page 2 - 5</p> <p><u>Seeing the mind's reactions to Sense Experience, due to wrong views, brings Wisdom</u></p> <p><u>Complete explanation of the Four Circles Formation</u></p> <p><u>Emptiness</u></p> <p><u>How to cultivate wisdom to help liberate all sentient beings</u></p>
240828 Day 6 (6)	7pm-950pm	<p><b><u>Ultimate Realization to Transcend Life pg 6-47 &amp; Pei Ni Dao Tian Ya</u></b></p> <p>00:00:00 - Ultimate Realization to Transcend Life page 6 - 11</p> <p>00:11:28 - Awareness Based Meditation</p> <p>00:17:42 - Ultimate Realization to Transcend Life page 11 - 43</p> <p>01:16:25 - Right Speech, Right Thought and Wrong Thought</p> <p>01:32:43 - Ultimate Realization to Transcend Life page 43 - 47</p>



01:44:51 - Pei Ni Dao Tian Ya (陪你到天涯)

02:16:00 - Taking Vows Tradition

Understand That You Have Two Minds

To Avoid All Evil, You Must Understand What Constitutes Evil

The 3 levels of Seeing

Explanation of the Song : Follow You to Roam the Universe (Buddhist Music) 陪你到天涯 Pei Ni Dou Tian Ya

Why Is Cultivating Strong Affinity with Buddhas and Bodhisattvas So Important?

**29 Aug (Day 7)**

240829  
Day 7 (1)

615am-730am

**Renew Precepts & Exercise**

00:00:00 - Renew Precepts

00:11:20 - Morning Exercises (Mindfulness and Weights)

00:26:08 - Awareness Based Meditation

The Last Support: Trust Your Nature to Do the Internal Meditative Movement

240829  
Day 7 (2)

830am-12pm

**Ultimate Realization to Transcend Life pg 47-60**

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

The belief that you are a permanent, unchanging entity is a Delusion

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

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

Can you accept the reality of life and existence and then move on to resolve your problems amicably

This is not me anymore! That is the true understanding

You must contemplate the essential Dhamma until it becomes very clear

### 30 Aug (Day 8)

#### **Morning Chanting & Kalyanamittas Sharing**

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

240830  
Day 8 (1)

615am - 730am

The Problem with Human Beings is that they live their lives in Disorder

Only when your heart is activated and opens can you truly experience Sati

This is how your Brain works

240830  
Day 8 (2)

83am - 10am

#### **Kalyanamittas Sharing**

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 \(1 - 4 March\)](#)