



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0001	Self retreat to develop relaxed inner peace and inner awareness	https://youtu.be/T901hddN02U
0002	How to check one's progress via the trained mind and untrained mind	https://youtu.be/8PygBvf-31M
0003	How to train your mind so that it listen to you	https://youtu.be/0A8ANeNXcVg
0004	Avijja Sutta - the Ignorant and Enlightenment Sequences	https://youtu.be/EbyRR_TLnD4
0005	Cessation of Form and Mind	https://youtu.be/Q0nb2lq2vr4
0006	How to Break the Momentum of your Heedless Habitual Thinking and Stabalise your Daily Mindfulness	https://youtu.be/XWkxU-mHd68
0007	How to insight into phenomena to awaken	https://youtu.be/eJbmJiQWnVw
0008	Understanding Paticcasamuppada, Anicca, Dukkha and Anatta	https://youtu.be/4fENNzg8B08
0009	Understanding the limitation of Thought/Knowledge based Meditation versus Awareness based Meditation	https://youtu.be/JQo-YuIA5Fo
0010	First Noble Truth 8 Realities	https://youtu.be/oc6Ejxd0Stw
0011	The Right Way to Inquire into Dhamma Cultivation	https://youtu.be/F9Vx1wGumz8
0012	How to resolve Life Situations through Dhamma Application	https://youtu.be/3sZpdn9sfuk
0013	5 Ways To Overcome Unwholesome Thoughts	https://youtu.be/jITN_QoBnTs
0014	What is Direct Seeing?	https://youtu.be/RgcNAtZ3zrA
0015	Understanding Sila, Citta & Ditthi vissuddhi (3 types of Purification)	https://youtu.be/PtxsxkSUGYg
0016	3 Types of Wisdom Lights : The Secret of Living a Peaceful and Happy Life	https://youtu.be/fyngy5ixp-A
0017	3 Conditions to sustain Life	https://youtu.be/ljrHS5_Qvts
0018	Understanding the Secret of Living Life in Present Moment Awareness	https://youtu.be/X2douBt9oig
0019	What is a phenomenon? Understanding: Mind is the Forerunner of All Things	https://youtu.be/UtWhxEgM8dw
0020	Why is Thought Limited and Egoic?	https://youtu.be/mA9uXUvcPMk
0021	Important Inquiries for developing the Meditative Wisdom	https://youtu.be/U8snCfxIJGQ
0022	Understanding Awareness based Meditation vs Conditioned Thinking and the Unconscious State of Sleep	https://youtu.be/De0DgI1bVuc
0023	5 Daily Contemplation	https://youtu.be/W27-zw50-Xg
0024	Danger of Thought based meditation. Don't look for Dhamma during Meditation. Meditate w silent mind	https://youtu.be/XqzE5DUqtv8
0025	Avijja sutta's 10 steps sequence to Enlightenment	https://youtu.be/kYRvQube3AI
0026	Cultivate 5 Spiritual Faculties to cease the opposite 5 Mental Hindrances	https://youtu.be/zsw1bv_8_Eo
0027	Essential Dhamma 10 Perfections and Buddha's Advice	https://youtu.be/4Yxo48Udu9A
0028	Final summary of First Noble Truth	https://youtu.be/93N50d6v184
0029	7 Factors of Enlightenment- Satta Bojjhanga	https://youtu.be/pFXiohiKEko
0030	Seeing beyond Form and understanding Nibbana	https://youtu.be/KaUH_0tRkG4
0031	Danger of the 3 Evil Roots of Greed, Hatred, and Delusion	https://youtu.be/Tk1Z60kxCK4
0032	Understanding the 3 Universal Characteristics of Nature	https://youtu.be/ADwa91B0Dmk
0033	Panca Niyama (5 Universal orders of Nature)	https://youtu.be/y3XW2K96auU
0034	Understanding Thought. (The Controller is the Controlled)	https://youtu.be/c-teCbfISTE
0035	Understanding the True Purpose & Intent of Meditation	https://youtu.be/aPtV0q7ANIQ
0036	MEDITATE with UNDERSTANDING following the analogy of swimming	https://youtu.be/l-ox1sZYB1c
0037	Understanding ourselves enable us to understand others. Stages of Transformation in Cultivation	https://youtu.be/0021VyNvFGI



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0038	Awareness Based Meditation Instructions for Beginners	https://youtu.be/xW_BjHUjN0g
0039	Deviant Samadhi forewarned in the Shurangama Sutra	https://youtu.be/hHPtYLSfx18
0040	How Awareness Nature enables one to understand the Essential Dhamma & leads to the awakening	https://youtu.be/5NHu0FSLgFw
0041	How living beings come to be as per Shurangama sutra	https://youtu.be/qUzZutaRtP0
0042	Understanding How Thoughts are Created	https://youtu.be/ueA1aU6Yy00
0043	6th Patriarch Platform Sutra of Hui Neng	https://youtu.be/PJQQ09DWGD0
0044	Beauty of Living the Mundane Life with Spiritual Understanding	https://youtu.be/py2XAQ00i0c
0045	Meaning of Tathata and Suchness	https://youtu.be/mo8MjSGAvyQ
0046	Seeking Truth vs Knowledge	https://youtu.be/7uERHFxNV_o
0047	Why One's Response reflects One's True Characters	https://youtu.be/Qc6inBiWvek
0048	Seeing Beyond Form & Seeing beyond Mind	https://youtu.be/U87kLg3H98Y
0049	Bowing Mindfully to develop Sati	https://youtu.be/PXE0N7JH8-A
0050	As advised by Bro Teoh, do seize upon this golden opportunity to cultivate during this MCO lockdown	https://youtu.be/aEdcnEncg5I
0051	J Krishnamurti's Quote on Direct Seeing	https://youtu.be/11HSEzKXF iQ
0052	Heedfulness Leading to Enlightenment	https://youtu.be/9xRDI3NJIks
0053	Understanding the purpose and intent of Meditation	https://youtu.be/m_tLQec8FE
0054	Understanding the 5 Universal Nature's Laws that governs Life & Existence	https://youtu.be/tcgjYAADYug
0055	The Difference Between Contemplation and Thinking	https://youtu.be/ct9jxaSbhm0
0056	Mind State of a True Cultivator	https://youtu.be/xBHWGs_DQwY
0057	True Suchness & The Essence of Mind	https://youtu.be/kJgR15dGJ2M
0058	Heedfulness and the Three Universal Characteristics	https://youtu.be/HVKHJUL6QcQ
0059	Cultivating the Five Spiritual Faculties	https://youtu.be/RgTMym4u3wk
0060	Wisdom Energy	https://youtu.be/11PsXgJ6CoU
0061	To Accord and Flow, with Wisdom, in All Life Situations	https://youtu.be/q_EMp8PHRjw
0062	The Phenomenal or Illusionary World	https://youtu.be/KfQBSXc68oQ
0063	The Wisdom of "Let Things Be"	https://youtu.be/DZATQ0cGK04
0064	Understanding Feeling - Pleasant, Unpleasant and Neutral	https://youtu.be/hTQIE1IghGc
0065	How to train the Mind that cannot Meditate (because it thinks alot)	https://youtu.be/1dZp3-scg0s
0066	Wisdom VS Knowledge	https://youtu.be/3133ol5jWlI
0067	Avijja Sutta	https://youtu.be/s4B-N1yAdSg
0068	The 2nd Aspect of 5 aggregates of Form and Mind	https://youtu.be/2rNeDtRIecs
0069	Dhammapada Verses on Heedfulness	https://youtu.be/5fbctaPSvH4
0070	Dhammapada Verses on What Leads to Suffering and Happiness	https://youtu.be/J7epqWqVC6w
0071	How To Train The Mind To Be Heedful?	https://youtu.be/b3UAW507PiY
0072	How to overcome pain during meditation?	https://youtu.be/fN2yK8QBvA8
0073	5 ways to overcome negative unwholesome thoughts	https://youtu.be/kZI-9gwovUJ
0074	Understanding Specific Phenomena awareness and Spacious Awareness (without a centre).	https://youtu.be/iPSg40nLPgA
0075	Radiate Metta, develop virtue & goodness of heart. Be mindful & aware always to take care of karma.	https://youtu.be/lblQaU0duo



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0076	Angulimala Sutta MN86	https://youtu.be/hPvRNfgVyS0
0077	Common Meditation Mistakes made by Cultivators not following the Dhamma way	https://youtu.be/1_dGtwCTOp4
0078	The Beauty and Uniqueness of Heart Sutra's Teaching	https://youtu.be/kAC2UDYRAQU
0079	Can chanting bring about Enlightenment?	https://youtu.be/xrD2XHvN3As
0080	To overcome habitual tendency, Develop ability to be Relaxed, Silent and Aware Within - Be with it	https://youtu.be/Bt1hHu9xiH4
0081	6R's Meditation Practice - Right Effort to Train and Relax the Mind	https://youtu.be/SZRmSmXgrYI
0082	What is Meditation? - as taught by Lord Buddha	https://youtu.be/7U0-WKAeYzQ
0083	7 factors of Enlightenment	https://youtu.be/u4v5dqLQIEE
0084	3 Types of Karmic Obstacles	https://youtu.be/xFVo1XUcZUc
0085	3 Turnings (12 Modes) of the 4 Noble Truths	https://youtu.be/YWvArYIopzY
0086	A True Dharma Practitioner's Sharing - 25 June 2020	https://youtu.be/K9xv45ukCw4
0087	Form is emptiness and Emptiness is Form (色即是空, 空即是色) - 23 June 2020	https://youtu.be/ccsaRXvSd6I
0088	Life Itself is Meditation - J.Krishnamurti Quote	https://youtu.be/VZb18axKBpA
0089	Cultivate 2nd turning wisdom of Cintamaya Panna via inquiry, contemplation & reflection on the Truth	https://youtu.be/ugl7U8TYFWc
0090	Understanding What is Appamada or Heedfulness	https://youtu.be/6kR52IH85H0
0091	Applying the 6R Technique with understanding to cultivate Awareness based Meditation	https://youtu.be/TkJvRWi0dMo
0092	Reversing the Light to shine within, Total Understanding of the Ever-Shining, He is Host and Master	https://youtu.be/04nkwINCsjw
0093	How to maintain Mindfulness in the midst of Life and Work?	https://youtu.be/zUn0daBZN1Y
0094	Spacious awareness and mindfulness in daily life	https://youtu.be/MCZRoaXBRso
0095	Confronting Life situation with wisdom	https://youtu.be/gybJnbY7EgQ
0096	7 stages of purification (Satta Visuddhi)	https://youtu.be/oTnhX_a_UxM
0097	Meditative results borne of right understanding	https://youtu.be/P9S48xXfVtM
0098	Beautiful sharing. Have faith, sincerity, perseverance and patience	https://youtu.be/r08aVJwhwNs
0099	Can enlightenment be realised through listening?	https://youtu.be/64EModXlctQ
0100	Applying N8FP to deal with difficult people	https://youtu.be/5ERCat3rWsa
0101	To Meditate well, one must have Sila (to take care of Karma) for Sati & Samadhi to kick in	https://youtu.be/YCGNXuSRJrI
0102	Importance of the first 3 Purification of: Sila (Morality), Citta (Mind) & Ditthi (Views) vissudhi	https://youtu.be/VQVeK46JiWw
0103	Heedfulness is the only way to understand the meaning of life	https://youtu.be/190aJHGIGYU
0104	Form & Mind are our vehicle & tool in life. Use them to live a noble life. Don't be deluded by them	https://youtu.be/97F_eziNtXA
0105	Mind quality that is beneficial in this and future lives	https://youtu.be/FnNo3KEWYE8
0106	Understanding 5 Mental Hindrances (Panca Nivarana)	https://youtu.be/RzarN9Y0KQY
0107	Story, Perfection of Patience (Khanti Parami)	https://youtu.be/-dVQP4G1pJc
0108	Reminder for Silent Awareness based Meditation	https://youtu.be/bUvcSTfTdSg
0109	Heedful Living	https://youtu.be/p8lZUTfhEvQ
0110	Understanding 'The Unconditioned'	https://youtu.be/XB5wSwMHn20
0111	Spot the moment the mundane mind arises	https://youtu.be/nlyERcMZ1Uw



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0112	Return to our pure Nature	https://youtu.be/pv0vBa19g50
0113	Dharma leading to virtues, wisdom and great love!	https://youtu.be/0keXTJiQc5I
0114	Understanding Anatta (Non-Self / Empty nature of existence)	https://youtu.be/toYd03MLs14
0115	Understanding Form and Mind Dhamma	https://youtu.be/l2nQQXWtyHQ
0116	The Art of Observation	https://youtu.be/RBVg1lxdQMs
0117	The Three Types of Suffering	https://youtu.be/N6RKTcas02M
0118	How to stabilize your Mindfulness	https://youtu.be/FP9tt0H0Qnc
0119	How to be a True Modern-Day Bodhisattva Practitioner	https://youtu.be/SMHRAJePiM
0120	Summary of Cultivation	https://youtu.be/5FxfhXAdU978
0121	Chart (What is meditation as taught by the Buddha)	https://youtu.be/7x3P1ZdRh_M
0122	Zen Proverbs on the 3 levels of Seeing	https://youtu.be/PrB2EomJb-g
0123	Dharma in Daily life	https://youtu.be/_LUgYsd981k
0124	Purpose of Formal Meditation	https://youtu.be/Hrh4UxM2Tzw
0125	How should we use the Silent or True mind to Meditate & develop wisdom	https://youtu.be/TiKyZT0px0w
0126	Truth IS! Not "your truth" or "my truth"	https://youtu.be/aPcgxej2_90
0127	Mind Dhamma + Seeing beyond form and mind	https://youtu.be/p5MieotZ4iA
0128	Meditate with understanding via using the Silent/True mind	https://youtu.be/owwiUgtnDEs
0129	Mahayana's 3 levels of Seeing	https://youtu.be/Zy61apX6BrU
0130	Silent everything & stay with it - 3rd way to overcome unwholesome thoughts/emotions	https://youtu.be/0oEzDL5P3LU
0131	Wake up call! See the importance of heedful living	https://youtu.be/TBNc81sulIk
0132	Significance of The 3 Turning of The Four Noble Truths	https://youtu.be/0KqLZ9RwdY4
0133	Understanding The Awareness Nature Within via Meditation	https://youtu.be/ANogXyvBSVA
0134	Deeper Understanding on how the Silent Mind in awareness pervades the entire oneness	https://youtu.be/S9pPiFK4S8o
0135	The Objective of Doing Bowing Meditation	https://youtu.be/vH8SJoGgS4w
0136	Understand How The 18 Sense Realms Works	https://youtu.be/aYq011f-kc8
0137	Liberation via The Fire Sermon	https://youtu.be/4jZXIQDMbpI
0138	The 18 Sense Realms	https://youtu.be/YF9M2cZxk0Y
0139	Be a silent observer, let the awareness nature shines forth.	https://youtu.be/x3wzxwhE80U
0140	The samādhi mind of a great being	https://youtu.be/WHC0hM260D0
0141	Rebirth of a Bodhisattva is via a pure mind, not due to ignorance	https://youtu.be/XWlzbPcbssgg
0142	How to stabilise ones Sati via awareness of ones heartbeat during Meditation	https://youtu.be/WQhkikVK7w0s
0143	The Real Cultivation	https://youtu.be/TZ0vp9wxbFU
0144	Important factors that paves the way for good progress in your cultivation	https://youtu.be/QU2Dr3YE4io
0145	to Investigate within and without, to realise the Truth/Dhamma via "Seeing things as they are"	https://youtu.be/9MWZ6w3tR3U
0146	Very direct, simple yet penetrative explanation of the Awareness Nature	https://youtu.be/V8aPx-BktVs
0147	What should I do? My mind always wander off during meditation	https://youtu.be/GVYFFav0N6o
0148	Further explanation on Reversing the Light to shine within and Our Mind is like a Garden	https://youtu.be/x8WCgYhZKD4
0149	Significance of Puja and having a good religious routine	https://youtu.be/k4-WrseunUs



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0150	Have Faith. Ask for Forgiveness & make Aspiration. Be Patient. Trust your Nature.	https://youtu.be/UkKc1p765nQ
0151	Sabbe sankhara anicca, Sabbe sankhara dukkha, Sabbe dhamma anatta	https://youtu.be/bx7f0d3APTl
0152	3 right views to cultivate to be on the right path	https://youtu.be/l12YEksjWY4
0153	Why Thought based Meditation cannot develop Real Sati only Awareness based Meditation	https://youtu.be/f6Z01GMosaA
0154	Understanding Real Dharma Cultivation. (Which is not Dharma knowledge)	https://youtu.be/W_Ub6i7DYf4
0155	Complete explanation on how to link Avija Sutra to the whole cultivation	https://youtu.be/s3tzeGKf3CY
0156	How to overcome our Life's problems via the dhamma way?	https://youtu.be/lnZKUR5iVvM
0157	Only when your mindfulness is very stable, are u able to see your subtle mental intention	https://youtu.be/dPXomAisUXw
0158	Cultivation is unique. The more you share, the more you will receive	https://youtu.be/74hpSAPVriI
0159	Sati Sampajanna and 4 Foundation of Mindfulness	https://youtu.be/yEEJYZcxV0Q
0160	Sati Sampajanna and 4 types of Clear Comprehension	https://youtu.be/S10hcQUZV4U
0161	How do you cultivate Daily Mindfulness	https://youtu.be/MUhaIva-p4E
0162	How to stabilize your Sati and turn it into Heedfulness	https://youtu.be/KE-dgm4vVqk
0163	What does "Mind enter Sati" mean?	https://youtu.be/u9n4Ix-dAWQ
0164	How to differentiate between Real Cessation and Thought Cessation	https://youtu.be/DXZ6kTKQ04Q
0165	The difference between Lying down Meditation and Sitting Meditation	https://youtu.be/wmr_a_rVT4i0
0166	Without Daily Mindfulness there will be No Real Awakening and No Real Dharma	https://youtu.be/wY1_SL-B-QM
0167	Understanding BroTeoh's Unique Dharma quotes (Direct teaching pointing towards the True Mind)	https://youtu.be/3XUJy8Gm10U
0168	Never be complacent. Complacency will lead to downfall in your cultivation	https://youtu.be/sKtjAslJBK4
0169	Technically, if you understand, you don't need methods or techniques to learn Meditation	https://youtu.be/le0LnAhPFfI
0170	Developing Formal Meditation and Daily Mindfulness cultivation diligently can lead to fast progress	https://youtu.be/z6y14JrgdjA
0171	What should I do when I feel body vibration during Lying Down Meditation	https://youtu.be/RXpyiBjPjvw
0172	Non-contentious; Non-Greed and Non-Seeking (不爭、不貪、不求)	https://youtu.be/tkrIFyJEVNA
0173	Understanding the Real Awareness based Meditation	https://youtu.be/_ja2BY5pZ1A
0174	Spiritual Cultivation takes time and require patience to stabilise the understanding	https://youtu.be/4AoGIYJ0Eg4
0175	Plant the Bodhi mind, Make firm Aspirations & Vows with Faith, Sincerity and Understanding	https://youtu.be/EwAxE5rARuM
0176	Without the silent mind to observe and awaken, you can't learn the True Dharma (心为根本)	https://youtu.be/JA95iRpN7x4
0177	Help only when there is condition	https://youtu.be/wlv72AznL30
0178	You must understand why you need to keep the precepts	https://youtu.be/2dWL-50WWfs
0179	Is moderate drinking acceptable in Buddhism?	https://youtu.be/ayhmi020zBI
0180	Without Yoniso Manasikara, you can't develop Sati Samjanna or Daily Mindfulness	https://youtu.be/0ApP4_-BuuA
0181	Just silent your mind. Be with the moment to appreciate the pristine beauty and wonders of life	https://youtu.be/7WJx_J3auqI
0182	Without Sati you cannot understand the True Dhamma	https://youtu.be/1k53ol t3aBw
0183	It is rare to be able to come across this Teaching. Thank your good Karma and Parami!	https://youtu.be/B_CDP1s0JZI
0184	Total Relaxation is the key, to let your natural state arise and let your body heal by itself	https://youtu.be/k2Fm7nBx18k
0185	Don't become agitated by what others do. Reflect with wisdom and accept people for who they are	https://youtu.be/magy38mVjvA
0186	Understanding Truth. Truth can never be monopolized. Truth IS	https://youtu.be/P2pogQf2i3U
0187	What should one do when one experiences conflict, argument and problem with others?	https://youtu.be/KZlhe_5g9pU
0188	Patient endurance born of Wisdom	https://youtu.be/Rwg4sVbr52o



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0189	Complacency can lead to regression in cultivation	https://youtu.be/pRb_Ab0C12M
0190	Wisdom based compassion vs thought based compassion	https://youtu.be/1P0hL1hV-vc
0191	How to deal with thoughts when they arise during meditation	https://youtu.be/ozAkJoMEE4c
0192	Why is Meditation so difficult? Here is the solution	https://youtu.be/xAt0hJw_tjE
0193	How to develop wisdom through cultivating the 1st, 2nd and 3rd turnings of the 4 Noble Truths	https://youtu.be/U7UyHL9D0xk
0194	Without stability of mindfulness, you can't see the 12 links. What you understand is just theory	https://youtu.be/jAc-po1p27g
0195	Accord & flow with conditions, at peace w all, then everything falls into place & unfold beautifully	https://youtu.be/mnyRch82Jc8
0196	4 Noble Truths : Summary of cultivation needed to end all suffering & to be Enlightened	https://youtu.be/v23_ihzsSus
0197	Spacious awareness without a centre must come from a free mind	https://youtu.be/XAcf04os5ZY
0198	4 stage cycles of all Phenomena	https://youtu.be/S-GZcuvnBQU
0199	Why a lot of people can't make progress (and even regress) after attending retreats. The reason is..	https://youtu.be/jvE-SHxJYQQ
0200	To root out habitual tendencies, you need to straighten your view & meditate with the silent mind	https://youtu.be/p39b_l_3hwI
0201	Silent your mind to heedfully trace its origination factors, then retrospectively reverse it	https://youtu.be/0N8iuoo03Xg
0202	Meditation is not to attach to experiences, instead wisdom that arise is more important	https://youtu.be/FexYCJVQpCE
0203	How to deal with rigidity of views in life via the Dhamma way?	https://youtu.be/z972DhypAWU
0204	Outflow is, not Defilements but the birth & death of Mundane Mind	https://youtu.be/v4p00Wh-ZF4
0205	Understanding how the Non-Grasping of the Mundane Mind can arise	https://youtu.be/9JhvnUUfG00
0206	What is the Unconditioned?	https://youtu.be/xC7CtcjbYaU
0207	Understanding Arahant and Bodhisattva Ways Cultivation	https://youtu.be/B1G19Zp0p64
0208	Rescuing oneself and rescuing others (自度,度他)	https://youtu.be/YKQt8mRaNh0
0209	Nibbana is complete Cessation	https://youtu.be/Rd_gw2nKHQ0
0210	Understanding spiritual cultivation. Accept whatever happens during cultivation as part of the way	https://youtu.be/P4GZYdsfRgg
0211	The stages of Transformation is unending. Wisdom continues to unfold as one goes through life	https://youtu.be/HnbWvjJXNvU
0212	How to invoke power of merits via vows/aspirations to break Karmic obstructions	https://youtu.be/-Noq_hvdm0E
0213	Daily mindfulness Samadhi as against formal Meditation Samadhi	https://youtu.be/5Sg2ExwxK4M
0214	Put cultivation to test by going into life. Having a stable Samadhi in daily life is a pre-requisite	https://youtu.be/0WknU5vwZn8
0215	Daily mindfulness cultivation ~ only wisdom frees the mind	https://youtu.be/psLnA9vI28Y
0216	Daily mindfulness cultivation to develop wisdom via direct seeing to see things as they are & awaken	https://youtu.be/H-Dd_qxALss
0217	3 types of Dana parami	https://youtu.be/FBrsVgyaLp0
0218	Understanding the Pure Awareness nature	https://youtu.be/YPmf0_RYjv8
0219	Real Meditation is to just observe 'what is' to develop wisdom	https://youtu.be/F-18zLGIN18
0220	Pure merits vs tainted merits	https://youtu.be/3tXQ4JYQdPI