

## 8<sup>th</sup> February 2018 Thursday class short notes

Audio mp3 : <http://broteoh.com/wp-content/uploads/Teoh-Thu-180208.mp3>

Whiteboard Note : <https://broteoh.com/wp-content/uploads/Teoh-Thu-180208.jpg>

1. Bro Manjit was a newcomer. He realized most of the time, his mind has a lot of thoughts and wandered off very fast. Bro Teoh said most human beings who **have not trained** their mind are **heedless**. Meditation is to train the mind so that it **will listen** to us via **understanding**. The **mental hindrances** are strong because of our **habitual tendencies** throughout the day. To overcome them, we **need to cultivate the opposite 5 spiritual faculties**. To develop **further understanding** of the Buddha's teaching, Bro Manjit can access our broteoh.com website as well as read the *free transcript books given to him*.
2. We should continue with our cultivation **even after the formal meditation** by carrying this **trained mind states into our daily life** so that **life itself is the meditation**. It is **not** just doing the **formal sitting** but using the **trained mind** states as well **to live life** via *mindful or heedful living*. Thoughts arise so fast that most normal living beings *who are heedless are not able to cope with life unless they have trained their minds* to have **heedfulness** (which is the *inner awareness* - a mind that is **ever mindful** with **clarity within**) to **cultivate the Noble Eightfold path** with *particular attention* on the **four foundations of mindfulness**. **Heedfulness** is called **Appamada** in Pali.
3. Dhammapada Verse 21 (**Heedfulness** is the *path to the deathless* whereas **heedlessness** is the path to the **dead**; the *heedful never die* and the *heedless are as if dead*), emphasizes the *importance of heedfulness* and the *danger of heedlessness*.
4. After the meditation session, Bro Manjit reported that his mind seemed to go everywhere. He **tried very hard** to follow Bro Teoh's guidelines. He was successful for a very short period only then the mind became **restless again**. He had pains and aches too. Bro Teoh explained that it **was important** to understand **what meditation is** because the **very trying** is *by the thought*. You are supposed **to relax** and **just feel** and **not think** or *try to suppress, control, focus* or **do away** with your thoughts. By focusing, controlling and suppressing the mind you are **feeding it with more thought energy** and by doing so it can lead to a host of problems especially when the **energy builds up** and **causes more thinking** and **harm** than good. This is a conditioned mind state which is of not much use.
5. Bro Manjit was advised to use the **four supports** for awareness-based meditation:
  - a) **Relax** - into whatever mind states that arise;
  - b) **Aware** within (which is the **silent mind** without thought);
  - c) **24 hour** (Maintain the **awareness** so as to be **ever mindful** to live life);
  - d) **Trust** - the nature to do what is to be done without the interference of thought.
6. Most cultivators who **feel pain or aches** during the *formal sitting* dare not move because they see everyone sitting still. This is **not the way to meditate**. First, there should be the **understanding that** we are **not there to torture ourselves**. We are there **to train our minds** to be **relaxed, peaceful** and **aware within**. So, the key point is **to relax into every mind state or sensation** that arises. Whenever **mental hindrances** arise, we should **not fight** them. If we have *been heedless or stressed up* throughout the day, it is **only normal** that our mind and body are **not at ease**. Bro Teoh **kept reminding**

everyone **not to fight these mental hindrances** but **to understand** them. So, the key point is, there must be the **understanding within** us to know *what we are doing in the name of meditation*. We should not follow instructions blindly. **Meditation is to be done with understanding!**

7. During meditation, snoring can be heard. When we **are aware**, we **can even hear our own snoring**. This **awareness** can also be present when we are dreaming. The brain needs to **find order** to **recuperate** from all the stresses and strains of life after a **tiring day** so resting the mind and via having dreams are a form of **sub-conscious release**. Then with the **good deep sleep** (without any thought interfering) will allow the **life force** to **heal itself**, bringing about **recuperation** to the body and mind. Otherwise, one can become 'cuckoo'.
8. In the past, society was *less sophisticated*. Normally only older peoples have stress related problems. But nowadays, even the young generation can enter into **depression** because of the **stress levels** they are facing. Some of the reasons behind are: *being over-pampered* by their *parents* they **lack survival skills**, and they **lack self-confidence**. Hence, the teaching of the Buddha is **very much needed especially in today's modern society** to help the young generation overcome all these mental hindrances and problems. The **five spiritual faculties** will *definitely* help them *live life* in a much more **peaceful** and **meaningful** way.
9. When Bro Manjit mentioned about the problems he faced at work; like having **to meet datelines**, etc. Bro Teoh took the opportunity to share *a very important understanding*. He mentioned about the nature's *scientific* and *spiritual laws* that **govern life and existence** and how the **mundane mind** always seeks **security**. People are **so insecure** nowadays hence *their minds seek security*. The question of 'what if ..., triggering off fear' is a **common problem** when they project their thoughts. There is **no absolute security**. The **only true 'security'** comes from **understanding the nature's laws** that *govern life and existence especially the law of karma*.
10. When we **feel insecure**, *fear, worry and anxiety* will arise. This is *how the mundane mind* gets into **trouble**. Without understanding the spiritual laws (Law of Karma, Law of Mind and the Law of Truth), we will always *project our thoughts*. Even if we *have taken* all the *necessary actions* and *precautions*, *things can still go wrong*. Seeking or wanting security is a **form of fear** because when you **are insecure** you **seek security** to do away with your **fear** and that **seeking in itself** is a **mental craving**. When we understand via the law of karma that *'we reap what we sow; do good begets good and do evil begets evil'*, we will only do what is necessary – that is **to take care of karma** which is **most important**. When we act with **confidence, understanding** and **wisdom**, the mind is **composed, calm** and **peaceful** because there is **no more thought projection**. In other words, we do *what is needed* - be it polishing up our skills, having self-confidence, be diligent (working hard), etc. and there is **no need** to **worry and be fearful** over what if..., via **unnecessary thought projections** because no amount of **fear** and **worry** can help you. In fact it will make you worse because these are **negative emotions**. Without such **right understanding** (*knowing that our life depends entirely on our karma hence only karma decides*), one may visit feng shui masters or *consult fortune tellers* or seek out 'bomoh' etc. to give them the so-called solution and security. We have gone through deaths and rebirths for eons and eons of lives - so we never know what we had done in the past. The best we can do is to **avoid the causes** and **take care of karma** via *resolving matters and issues amicably*.
11. We should plant the *seeds of goodness* to *reap its good effect*. When we cultivate following the **Law of Karma**, we will be like **very blessed**. We will meet with **good, kind, virtuous** and **wise people** who will *help us* and things will *turn out well most of the time*. It is **never worth it to violate** this nature's laws.

12. Finally, Bro Teoh went through and did a *review of* our last **Thursday class** (1st February 2018) **short notes**.  
{Above short notes draft was prepared by Sister Chee Guit Yeng (Puan Chee)}