

Outline of Brother's Teoh Thursday class dated 19/7/2018

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Thu-180719.mp3>

Whiteboard : <https://i2.wp.com/broteoh.com/wp-content/uploads/Teoh-Thu-180719.jpg>

A) Bro Teoh explained the *importance* of **reporting** one's meditation to him so that there will be *conditions* for *dharma to arise* thereby **enabling** them to *develop* the **understanding of the cultivation and practices** through *proper sharing and group discussion*.

B) Brother Teoh shared on the importance of understanding of the Dharma before we confront the 1st Noble Truth's realities.

C) Sister Keat Hoon asked about **the 4th precept on frivolous talks** - what is *considered as frivolous talks*. Brother Teoh make use of the question's condition to go through (as a revision) the understanding of the 5 precepts:

- 1) 1st precept – to **undertake the training rule to abstain from killing and causing harm** to fellow living beings. So keeping precept involve **exercises of mindfulness and heedfulness**.
- 2) 2nd precept – to **undertake the training rule to abstain from stealing or taking things** that do not belong to us. The deeper meaning includes the **intentions to cheat and deceive** people. This itself is already the violation of the 2nd precept.
- 3) 3rd precept – Abstain from sexual misconduct (this is for lay people)
 - **Is sex before marriage a misconduct** – if sex is consensual (with mutual consent) then it is not a misconduct). To be strict sex is preferred after marriage.
 - **The meaning of misconduct** – when sex is being *conducted with coercion*, in a **deceiving** way and one is **not sincere**.
 - **What is a relationship?** – Relationship can take many forms. Relationship is very important in our life.
 - A short comparison on the **great difference** in the way “dates and relationships” are being conducted during the **olden days** of the 60s and 70s and **nowadays**.
 - **What is marriage? What is a marriage contract?**

It is a binding Legal contract involving 2 persons.
 - What does it take for a **marriage relationship to work well and flourish** – how should one approach it? The Dharma does not teach this – but through

understanding the dharma we can come out with the criteria needed for a good and meaningful marriage relationship?

- **Sincerity**

This is the *most important criteria* because it is an *expression of true unconditional love*. It is a *full commitment* towards this *sincere relationship* because if both are *sincere* then *we can trust* each other. With this *sincerity and trust*, the relationship will be *beautiful* hence there will be *no suspicion, envy, jealousy and deception leading to worry and fear*. Therefore, there is *peace of mind, true love, meaning and joy* in the relationship. But this *fundamental trust* must not be *breached* for this Marriage contract (synergy) to work.

- **Trust (Trusting each other)**

Sincerity will lead to Trust. Trusting each other - without being suspicious of each other, both are free to move and do things base on mutual trust. Understanding with develop and flourish between two individuals.

- **Understanding (between both of them) – Wisdom-wise**

Understanding that you are *no longer living your life alone*. Learn to *give and take* and learn *to compromise* and *resolve issues amicably* with *understanding*. Have *mutual respect* for each other. *Your money, your career and your parent's family affairs and matters etc. you decide; duty as a spouse is to only advice and help and vice versa*. Approach life together. Having two persons to resolve things and issues is always better than alone. With *understanding* the relationship will flourish and there will be no more problems. This understanding will allow the *relationship to grow beautifully*. This is achieved through *mutual trust and sincerity and understanding* of each other's *strengths and weaknesses*.

- Importance of doing a **SWOT analysis** to determine ones *Strength, Weakness, Opportunities and Threat*. To understand each other's strength and your weaknesses so that you all are able to allocate your *worldly duties appropriately*. To overcome temptations and fear - your **Dharma** and **Noble 8 fold path cultivation** are your *strength*. To seize upon *opportunities* that arise one will have to cultivate good blessings and good karma to give us the support. Then, when life presents its *threat* it is no longer a problem because you can confront them with good understanding (wisdom). With wisdom you will have no problem. You will have the good life.
- Cultivate **Noble 8-fold path** (which is the *advice of all Buddhas*) to avoid all evil, do good and purify one's mind. This will help us *improve* and *turn around our life for the better* via having *right views* leading to the *right*

thought, right conduct (action) and right Communication (speech, correspondences and messaging), good virtue, love, compassion, gentleness, pleasantness, kindness, contentment, generosity, etc. to take care of karma.

4) 4th precept – to undertake the training rules to abstain from Lying and arising the following 4 types of wrong speeches:

- Actual Lying
- Harsh speech
- Back Biting
- Frivolous speech

4.1 How to avoid frivolous speech (Sweet nothing)? How to break the ice among the young people?

- To ***develop good communication skills*** via *cultivating the Noble 8fold path*.
- Ask ***relevant general questions of interest***. Example, “Where are you from? Are you a local? You looks good and great. May I get to know you? Have we meet before? ...”
- Frivolous speech - you may think it is a joke or you simply say things which you think is not important such as a gossip, etc. However, your speech may hurt another without you being aware.
- Frivolous speeches are mainly gossips or when one gets carry away and says something stupid (***not tactful***) and this may cause sensitivities to others.

(Note: This above draft outline short notes are prepared by Sister Keat Hoon)