

Outline Short notes of Thursday class talk dated 18th October 2018

Audio : <http://broteoh.com/wp-content/uploads/Teoh-Thu-181018.mp3>

Whiteboard : <http://broteoh.com/wp-content/uploads/Teoh-Thu-181018.jpg>

Anita Moorjani <https://www.youtube.com/watch?v=rhcJNjBJ6U&t=18s>

1. Brother Teoh discussed about Anita Moorjani's OBE (out of body experience) and others NDE (near death experience). **When you are in the awareness state**, the **full consciousness** that come out of the body is **still connected** to the **nature**, that's **how it can** have the **awareness**. Anita can simultaneously be aware of whoever she thought of - she could feel her daughter, father etc. It's as if they share the same consciousness which is the oneness nature. Anita was in a **realm of clarity**, where she understood many thing, feels much freer, and **as if connected to everything**.
2. When the consciousness is **not** trapped in the body it is very different because it is free. But to have the **ability to be fully awareness** at the **moment of death** the **decease must have his/her past cultivation**. *If not, the karmic consciousness will takes over long before that person dies.*
3. The **collective consciousness** of kalyanamittas is **very strong currently**. Hence the conditions for Brother Teoh to share **all these special understanding/teaching**. Thus it is important to ask Brother Teoh **whatever questions you want to ask** *when his form and mind is still around*. The questions can bring about conditions for him to share from his nature.
4. This outline Short notes preparation idea was put forth by **Brother Chin How** about a year ago. We definitely **should thank him** for *enabling us to receive these outline short notes*. Thus far no book writes about such things shared, and the outline short notes prepared were also very precise and they can enable us to develop the understanding *to progress much faster along the path of dharma*.
5. NDE verses OBE – these 2 happenings can be very different. OBE is where one dies and the whole consciousness comes out. Whereas NDE (**near death** experience) is different because they haven't really died and in most cases it is only the **astral mind** that comes out.
6. **Awareness**, described by Anita Moorjani in her video is indeed a **unique experience**. For her to be able to do that **she must have cultivated her awareness before** in the past. She was also assisted by her dad who was also a cultivator with his unique nature. Upon death **if you are fully aware** a stream of **very fast moving flash of consciousness** will occur for you *to understand how your recent life is the way it is and the understanding is very clear*. But most **non-cultivator (without the clear stable awareness)** is **not able** to do that because before they die the **karmic consciousness** has already taken over and when the flash takes place they are hardly aware. Then when they take new birth it may be sometimes before they can have the condition to become conscious and aware again. For Anita's case she was lucky because it was **not her time to die yet** so as per **her father's advice** she quickly *return to her body and heal herself with the full understanding of the dharma behind when she was in that state of awareness leading to all her understanding*.
7. The analogy of a dim flashlight in the pitch dark warehouse as described by Anita is the awareness. When the whole warehouse is lighted up suddenly with the flood lights, she could see clearly what was in the room and all the other details – this is what awareness is all about. But most human beings existed through life, have not live, because they are **hardly aware most of the time**. Even if aware there awareness is so weak and unstable. Some human beings don't even have the dim light (no awareness at all). Reason why they are heedless most of the time.

8. When one cultivates until the **mundane mind** collapses, the **true nature will shine forth** – like the whole warehouse suddenly lighted up with floodlight as a metaphor. Awareness from the nature just **shines forth with full clarity** because there is **nothing to cloud it**. This **silent awareness nature** can then see everything, - all movements, phenomena, etc. We **need a very stable daily mindfulness** to be **ever mindful** and **constantly meditative**, to realize the *supreme born free Nibbana* (Dhp verse 23).
9. For those born in the Peta or hungry ghost realms they don't have a **solid physical body**. The *remnant of consciousness* that come out after death also **does not have a physical body**. That's why they can only **get angry** and **emotional**, they can also hear what the humans say but they **don't have the physical body** to do things to others. When the consciousness is out, it is much clearer for them to hear. If you have negative karmic condition or fear, it is easy for these beings to terrify and disturb you.
10. During the Buddha's time, the king forgot to transfer merits. He could not sleep and experienced disturbance at night from relatives who have passed away long ago. The relatives wanted merits from the king, hence unhappy with him. The Sanghika dana offering for the Buddha with his sangha was performed again, and this time after transferring merits by the king, the next day all was well.
11. **Tirokutta sutta** is a sutta on "*departed one in spiritual form*" and a recital to transfer merits to departed ones. Buddha said, *for those who are reborn as unfortunate spirit because of their selfish craving and attachment for their property and wealth in the past life, return to their home and create an eerie atmosphere. While lingering beyond the doors, they radiate negative unhappy thought energy and thus create an eerie feeling around.* They yearn for human food, but because of their past karma, their living relatives neglect them, fail to make offering to them. This is the cause of their unhappiness. Buddha's advice is *that those who are compassionate, therefore should remember their departed relatives and make offering such as alms giving in their name – make donation on their behalf, transfer and share merits. By the wholehearted transfer of merits, the spirit will gratefully wish for their well-being and the well-being of their relatives who perform such meritorious deeds.*
12. We should always think of our relatives who have passed away, recall their good actions, rejoice, express gratitude and thank them, so that they will be happy. That is why in the Chinese culture, *they will offer all the favourite food of the deceased to their departed relatives.* They believe if they don't make this offering, the relatives can't receive the food in other realm. Even though the relatives can't receive these food, but they will have the joy. Brother Teoh shared that this is still delusion because this kind of action cannot transform these departed spirits. But there is joy in them so it is like useful in a deluded sense.
13. We should remember the spirit of the departed relatives who are not at peace and gather in many places. In return, such spirit thus remembered and satisfied will wish for the well-being of the living relatives out of gratitude. In the hungry ghost realm, without physical body, there is no agriculture, no business, no exchange of gold etc. The spirits live on merits being transferred to them.
14. Anita's **OBE** video was being played for sharing to kalyanamittas. Anita shared the **5 greatest lessons she learnt** when she went through her **OBE**. These lessons are in **actual fact profound dharma** as taught by the Buddha.
15. The **5 greatest lessons learnt by Anita are:**

- a) **Focus your awareness on love. Learn to love yourself** more and more.
 Just like when you love your children you will **go all out** to **protect them** from harm and danger. You will **care for them**, **sacrifice** and **provide** for their needs and education etc. If you love yourself you should do all these to yourself also so that you **will not arise** the **wrong thoughts** to harm and hurt yourself and others; no need to control others and not let others control you. The more love you have towards yourself, the more you can give others. *Understanding karma and do not arise any negativity. **When you know how to love yourself, you will know how to love others**, because you know how it is to be hurt by others. When you harm yourself you become miserable. Likewise when you do it to others, it causes suffering. Thus you must always have LOVE. Love is most vital. Love leads to all the positive vibes and goodness of heart.*
- b) **Live life fearlessly. Love keeps you safe and not fear.**
No negative tendencies brought about by fear. No evil roots or negative thoughts leading to good immune system. Your mind states improves, right view leading to right speech, thoughts, actions, and livelihood. No one dies because that Nature never dies.
- c) **Have humour, laughter and joy.**
Joy is piti, one of the 7 enlightenment factors. When you do something good, you feel joyful. Humour makes people happy. Laughter makes one's heart light. Opposite of sadness, unhappiness, misery, sorrow and lamentation. Deluded humans are always sad and unhappy. So always be joyful and laugh more. Happy mind states instead or negative ones like the saying: 'Don't worry be happy.'
- d) **Life is a gift. All your challenges are your gifts. If you find that challenges are not your gifts yet, it means you haven't arrived yet.**
*Anita **did not love** herself and **never values her life** which led to the cancer growth. Reason why she said, 'I was killing myself before the cancer'. She develops a lot of fear and negativities of mind states via thinking all the **wrong thoughts** to harm, hurt and make herself miserable. Thus we must always see life as a gift. All the challenges (meaning our sadness, disease, relationship problem, various types of sufferings) are **all warning signs** for us to **wake up to the fact that we have not been living our life** properly. You need to take care of karma, see the warning signs and change for the better. For example, when there is pain, it is a sign that there is a problem with your body. Value your life meaning being heedful. When you come with this karmically conditioned form and mind, it is a gift. Be mindful and sensitive, **do not** be heedless. Whenever you arise negative thoughts, karma will show up and hit back. That's why you must always ask for forgiveness and transfer/share merits with all those whom you have done wrong to then **vow to repent** via following the advice of the Buddha, 'to avoid all evil, do good and purify your mind' (to take care of your karma).*
- e) **The most important thing is, be yourself. Shine your flash light (awareness) as brightly as you can. Embrace your uniqueness. Love yourself unconditionally.**
 Understand yourself **deeply**, who are you? What are you? **This is wisdom.**

16. Discussion on Anita Moorjani's story:

Master Hsuan Hua said, at the moment of death, your consciousness will return to your nature and flashes through very fast. It is like the **3 areas of consciousness return to one** and goes through a phase of **cessation**. When **karmic consciousness takes over**, you are **no longer aware or conscious** of what is going on. Later on the **death consciousness occur**, then this consciousness will flash through. When it flashes through immediately after one dies, one *will understand everything that happens* (just like what Anita went through), - what one has done wrong and the resulting karma etc. By the time it flashes through and you know about it, **rebirth consciousness** is already gone. You **can't do anything** and you *can't even come back in another mature body like Anita*. Depending on the realm rebirth takes place; if

human realm, you have to wait for 9 to 10 months before you are born into the existential world. Then only the rebirth consciousness that is trapped in the baby's body starts to develop via its various conditionings.

17. Anita's case is different. She *was not a cultivator when she was on earth*. That's why there is no mundane mind collapsing. But because she was able come back to her body immediately, that was the reason why she can still recall **her 5 biggest lessons** learnt i.e. i) **not loving herself** that cause her cancer (using her wrong thoughts to harm and hurt herself). Reason why she advice others to learn to **love yourself**. Brother Teoh further explain the **meaning of loving yourself** - means **no delusion, use thought wisely** to improve your *karmic* and *spiritual natures*. Otherwise the wrong thoughts *will condition your resentment, fear, phobia, worry, anxiety, anger, hatred, misery, etc.* leading to **severe stress** and **chronic diseases**. Anita kept blaming herself via **having negative thoughts and emotions** which **caused her immune system to fail leading to lymphoma cancer** to her body. She went through hell, suffered much. She did not understand all these when she was in the human realm. But when she went through the **OBE**, and having the consciousness flashes through upon death, she understood. That **Awareness state** gave her the **clarity** and **understanding** to *understand at these*, like **what causes her cancer** etc. While in that state of Awareness she can also sense her father (who is a cultivator) guiding her, she was like **sharing a common consciousness with her father and everything else** (which is the *Oneness nature, or her True self-nature.*) *After all these transformation it changes her view of the world.* Her father than told her, now that she understands the lesson and experience, go back into her body and **live life fearlessly**.

18. Her **second lesson** learned is to **not have fear**. Fear is a form of delusion with strong negative energy field. Fear of dying, fear of disease, fear of failure, fear of not being loved and not getting what you want, fear of losing your loved ones, fear of losing your job, fear of not able to compete with others, fear of not having the basic needs to live life, fear of the unknown, etc. Due to conditioning from your culture, tradition, belief system, etc. you end up amassing more fear. **Insecurity too is a type of fear**. **All your problems start from fear**. *When you perceive something with negativity, when you fear something will go wrong, there is fear causing you problems.* This is the *cause of stress and misery, leading to weakening of your immune system.* This will give rise to **conditions for negative karmic to fruit**. Why do people have disease? It's all due to this. Sometimes it is **also caused by past life karma conditioning weak DNA**.

19. When Anita went back to her body with the understanding she can heal herself because she knows what causes the cancer. When she went back into her body, she felt so weak and cannot do anything. But because of her understanding, within 5 days, her tumours shrank by 70%, and within 5 weeks she was discharged from the hospital. The power of healing is from her nature via trust, silent and good mind state of Love. Brother Teoh further shared, when you start to love yourself, radiate metta to yourself, love every aspect of your body and mind, have love and be loved, and no more negativity of mind states you will recover much faster and beautifully.

20. Rebirth (Buddhism) and reincarnation (Tibetan) are different. **Rebirth consciousness** is just a simple *consciousness taking rebirth*. Whereas **reincarnation** involved the **whole soul (a permanent unchanging entity) transmigrating** to another body.

21. There was this case of a householder who had a chance to offer food to a Pacceka Buddha during the Buddha's time. But he had remorse after that. Due to this, his karma hit back. He became a millionaire due to the good deed but he could not have proper usage of the money due to that **remorse thought**. He ended up eating bad food, using crappy vehicles, in bad clothes. He did not know how to use the wealth/money for the good of himself and the many. This shows that thoughts are very powerful. Thus **don't simply arise any bad or negative thoughts**. Once you make an offering, **don't think**

negatively after that. Intentions behind is very important. Rejoice instead. Have joy and understanding.

22. When Anita understood who she is, the awareness and the true nature, she could understand that the form and mind is subject to karma. All of the 5 lessons learnt are related to the dharma.
23. If you don't have **mindfulness**, you won't have the ability to glimpse what Anita went through. That flash of consciousness happened very fast. When you are **connected** to your true nature, you are fully aware and you can understand what happened.
24. The **enlightened being knows how to die**. When they die, there is **no delusion/avijja**. There is **no** rebirth consciousness. For Bodhisattvas, they know how to **come back** with a **pure mind** and they **can decide when to come**. They can also **choose to come**. Whereas for other beings, we **have to come**. When we choose to come, we can **set the conditions** via making aspirations.
25. Brother **Teoh's nature** had developed the **perfection of adhitthana very thoroughly**. This segmented life of his nature **chooses to come** during the **transition periods** (of the 50s, 60s, 70s and those of the 80s onward) where he can see the old and the new civilisations. He also know how to avoid the Second World War. He was able to choose his parents who have affinity with his nature, that's how Brother Teoh can be their child. The parents will know how to raise him up, care, sacrifice and provide for him, basing on **a pure wish that he made earlier**. He arise the pure wish in that previous life to take them across due to the wholesomeness that they did upon his nature *without* them knowing who he is. The **easiest way to fulfil this wish is to make them his parents**. *Bro Teoh knew they are good people who will do their duty as parents. It unfolded as predicted.*
26. Anita almost lost her life to develop such understanding of life. We can learn direct from her experience without having to go through what she went through.
27. Sister Tammy asked about "dying" before awakening. Brother Teoh shared his teacher, Ajahn Yantra's advice, who said, **'you must know how to die before you die**. When you had meditated, develop the **mindfulness** and **understanding you will awaken**. Awakening means no more ignorance and when that happens - **defilements die**. So you die of your defilements before you die so that you will know how to die. Whereas when you say you **'practice' letting go** it **does not mean the defilements have been rooted out or die**. When you understand that all those **deluded wrong thoughts** are **tormenting** you, you will **not hold** on to them or go back to your old way anymore so *is there any need to let go?* Only **those who hold** need to **let go!** If you hold, it means you haven't understood! When Anita came back, she said **her view about the world changed**. The worldly *people always focuses on fame, success, wealth, power, authority, status, etc.* - which are all base on the **egoic self** (selfish intent). When humans being have **self-delusion**, negative tendencies and emotions that conditioned their suffering set in. With wisdom (no more delusion) the evil roots won't arise. Moreover anger, selfishness and fear are **not you**, but **conditioned arising mind states that arise** due to wrong view. Thus the practice of 'letting go' is a **delusion**. Only **wisdom** frees.
28. Our mykalyanamitta website (broteoh.com) has a lot of very important dharma sharing. The audio files together with the outline short notes link and whiteboard writings can be viewed simultaneously as one listened to the audio recording. Brother Teoh advice all kalyanamittas to learn **how to use the website with understanding**. Click on menu and go to **"Home"** (our home page) to view **our latest news and sharing**; then go to the section on **"About us"** to **understand how our Mykalyanamitta grouping** leading to the **formation of our website** come about. How it all started and its vision (objectives) etc. – especially its section **4.0 on Overview** of Bro Teoh's kalyanamittas: **4.1 Original**

intent and concept of kalyanamittaship; **4.2 avijja sutta**; **4.3 kalyanamittas core values and attributes** and **4.4 Kalyanamitta fund**. Then go to “**Repository**” to view our *wealth of dharma materials* where our *Publications and Notes* and *audio files* are located.

Then go to “**Activities**” and “**Contact**” to view the details and **lastly** go to “**Gallery**” to view our *photo albums and videos*. *Listening to the audio files attentively, consistently with faith is helpful*.

29. **Avijja Sutta – Ignorant sequence:** The nutriment for **ignorance** is the **5 mental hindrances** and the nutriment for the 5 mental hindrances are: the **3 ways of bad conducts** borne of the 3 evil roots. The nutriment for this 3 evil roots or **ways of bad conducts** are due to **unrestrained sense faculties**. And the nutriment of this is: lack of **mindfulness** and **clear comprehension**. The nutriment for the lack of *mindfulness and clear comprehension* is **unwise attention** (ayoniso manasikara). The cause of unwise attention is **lack of faith in triple gem**. The nutriment for this is **not listening to the true dharma**. The nutriment for this is: not having *good dharma friends*. *With good dharma friends*, you can straighten your views after listening to the dharma to develop wisdom. So **not associating with genuine dharma friends** will cause **one** to end up in **avijja** and **become heedless**.
30. **Avijja Sutta – True knowledge leading to enlightenment sequence:** True knowledge (vijja) leading to enlightenment; and the nutriment for this is: the 7 factors of enlightenment (Satta Bojjanga). The nutriment for this is: The cultivation of the **4 foundation of mindfulness** and the nutriment for this is: The **3 way of good conducts**, body, speech and mind and the *nutriment for this is: restraint of the sense faculties* and the *nutriment for is: mindfulness and clear comprehension* (Sati Sampajanna) and the *nutriment for this is: wise consideration or yonisomanasikara, wisdom at the moment of sense experience and the nutriment for this is: confident in the Buddha Dharma & Sangha* and the *nutriment for this is: listening to the dharma and cultivate* and the *nutriment for this is: to have good dharma friends*. **Without** good dharma friends to set the example, motivate and counsel you, you **will never cultivate**. Thus the *gathering of kalyanamittas* is an occasion for all kalyanamittas of *different classes to come together to have real fellowship, share understanding and learn from each other*. It also enable us to *rejoice and express our gratitude* towards all the kalyanamittas who have **helped out** and **contributed** in *one way or other to the successful development of all our rather wholesome annual activities (both social and spiritual)*. All the committee members, kalyanamittas who had helped out in the following dharma and spiritual activities like preparation of our classes’ *outline short notes and transcripts*, support the setting up and *see to the maintenance and updating* of our website, recordings of all the audio files, setting up and help run the kalyanamitta funds beautifully, *organise our various spiritual trips, annual retreats, monthly house danas, visit to various places of interest, etc*. *With these the faith and wholesomeness of kalyanamittas are developed* and there are also a lot of **occasions/opportunities** for joy, laughter, humour and wholesomeness. *Learn to open up your heart and be joyful always*.
31. Brother Teoh shared that *sometimes with too much humour without heedfulness*, you may become **heedless** and **break the precepts**. But with **mindfulness**, you *can have fun and joy*. *The Buddha said abstain while under training but after training you will know what to do*, thus you are free to move and live the wonderful life of a noble one. There is no fear, as understanding is there. One also understand that there is: “hey! No you and hey! No me”. With the dharma, you can live the wonderful life as stated in the Heart sutra.

Sadhu! X3.

(Above outline short notes draft were prepared by Angie (Phey Yuen, Puan Chee’s daughter)