

10th January 2019 Thursday Talk Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Thu-190110.mp3>

1. Sister Wendy recently volunteered teaching 12 year-old Sunday school kids at Brickfields Sunday school. She taught meditation but found it difficult to share about the **benefits of meditation** to these kids. Brother Teoh explained that the **benefits** of meditation are many. It can help bring about: i) **Inner peace**, ii) **inner wellbeing**, iii) **clarity of mind**, iv) **wisdom**, v) **better health**, vi) **study better**, vii) **more efficient while at work**, Vii) more **wholesomeness**.
2. As you train your mind, your mind is **peaceful** and **calm**, leading to **clarity of mind**, thus you **can study better** and do things **more efficiently**. Meditation develops inner peace. For kids, they have a wild imagination it is difficult for them to sit in meditation. Thus you can use the mind **sweeping method** and **metta or loving kindness** as a **skilful mean** to **decondition** their **heedless thinking** to start off with. Using verbalization to express their feeling or love via reciting, "May I, this body and mind of mine be **well and happy**". Let the kids feel this **inner wellbeing** and **happiness** in their mind. When body cells have this rather **positive wellbeing** and **happiness energy**, its vibration is good and cells will recuperate and become healthy.
3. We don't need to concentrate our mind in order to be peaceful. Inner peace automatically comes when the 5 spiritual faculties are presence. **Saddha**, confidence in Buddha and his teachings will make us **calm** and **composed**. It frees your mind from doubt, fear, worry and anxiety. **Viriya**, the **spiritual zeal** to cultivate will arise when you see the **importance** of this teaching. When you are determined to train your mind then sloth and torpor would not bother you.
4. The mind that doesn't think is in sati. Let whatever thoughts arise and settle down on its own. When there is no more thinking energy in that thought, it's thought energy will **dissipate** and **cease** to be. **Inner awareness** is thus important. Stabilizing it leads to **Samadhi**, the **collected and unwavering** mind. It has **calmness energy**, born of a **free mind**. When you're out from meditation, even while in the midst of life, when you see, taste or smell something, your **mind does not stir**. With sati and Samadhi, the **mind can see things as they are**, without the **interference** of thoughts and its **mental conditioning**. It can then **awaken** to the **3 universal characteristics** of impermanence, suffering and non self leading to wisdom. With the spiritual faculties, the mental hindrances of sensual desire, ill will, doubt, restlessness of mind and sloth and torpor will not arise.
5. Fastest way to develop **sati** is to just **relax** and **silent the mind** and **don't do** anything. You can use mind sweeping method to decondition the heedless thinking as well. Some yogi asks for **instructions on methods** and **techniques** to meditate which is not the right way. What they need to cultivate are the **spiritual faculties** to help them silent their mind. Those instructions are just **skilful means** to **anchor** their mind on something so that it **doesn't wonder off**. Most people doing this end up in concentration and absorption meditation instead of developing sati.
6. If you know how to relax and maintain awareness, you will feel the energy moving within. Energy is blocked when you **can't relax**. Yoga helps chi to flow because the yogi doing Yoga knows how to relax. Relaxation make them flexible, developing deep calmness. Their mind is calm and

peaceful. This inner peace will lead to the experience Piti (spiritual joy/rapture). If you **relax further** and **maintain mindfulness** you will experience Sukha (blissfulness of mind) and finally passaddhi (breath becomes refine and very subtle, mind is tranquil and still). This **tranquil** mind is your **meditative** mind. All of meditation training is to develop this passaddhi (tranquility and stillness of mind). Your body will recuperate from the calmness and the good vibration. Combining it with loving kindness, leads to inner wellbeing.

7. The benefits of meditation are thus inner peace, inner wellbeing leading to clarity of mind. When you are just **aware**, there is **no thought**, your mind is **quiet** and **there is clarity to see things as they are** because there is no emotions or thoughts to **distract** your mind. With **clarity of mind**, you **can make better decisions** and **work more efficiently**. It improves your career, studies, and health. The well-developed **collected mind** (in Samadhi) will enable you to **understand** many things in life. With this, you are able to develop **wisdom** leading to enlightenment.
8. The moment you are awakened, you are a blessing to the world. Character, personality and wisdom wise, you are transformed. You can live the noble life, helping others. You can contribute to humanity and the world. Benefits of meditation is limitless after developing the wisdom.
9. Meditation also attracts abundance in life because your mind states are different. People can feel you. Brother Teoh shared his university day's experiences, the first 5 jobs he applied for, he got them it. This is due mainly to his metta and people can feel his good metta energy. This metta energy brings about good conditions for people to love and like him.
10. Sister Angie shared that after practicing meditation and dhamma, she is more inward looking and not so competitive with the outside world, especially in the materialistic aspect. As youngsters are greatly influenced by peer pressure, social media and all the latest fashions and trends, there is a lot of pressure for them to dress up well and be outwardly good looking. But with the dhamma and meditation, it is different. Brother Teoh further shared that meditation in fact brings about **more humility** and **contentment** and one is less materialistic. People tend to chase after good status. But with dhamma and wisdom, all this is not important because virtue is more important.
11. When you have the means, no need to be too thrifty, you can pamper yourself, your loved ones and also help others. But do not **indulge**. This is what dhamma is. It is important to be **frugal initially**, if you are not from a rich family. This is what Brother Teoh's father advice. Both his parents were frugal in their lives. They never been to a cinema until he graduated. If you cannot save the seed money **needed** to grow your money via investment it is very difficult for you to have **financial freedom**. So the **most important** thing is to have **the seed money to grow your wealth**. When he was a young engineer, his salary was not much and he can hardly save. He was seriously looking into having enough seed money to invest. So from selling insurance as a part time agent for three years, he managed to have his seed money of about RM50,000 which he used to invest. Within the first two years, he already made 5 times his invested sum of RM30,000. That is why seed money is vital.

12. Dhamma is **not rigid** and truly **applicable** to life. You take care of karma and karma takes care of you. In Brother Teoh's case, due to his good karmic past, when he came (this segmented life), he was able to have all that he needs to live a very good comfortable and conducive life. He need not rely on others supports to do what he loves to do. He just accord and flow.
13. What is success in life? Good karma means being born in a good family and have a good education. Then you come out and work, thus career success and financial freedom. Family and relationship success, meaning relationship based on dhamma. However, with all these your life is **still not complete**. You still have to confront the first noble truth realities of suffering. When there is delusion one will cling onto the 5 aggregates of form and mind, leading to suffering.
14. With a **cheerful, peaceful** and **wise demeanor**, you can **attract others** and people can **see and feel the good** in you as well. People are willing to trust you. They feel safe around you. They love your presence, it makes them feel good, peaceful and happy. For example when you share the truth with them, people develop **confidence** in the **teaching**, especially the **law of karma** on '**you reap what you sow**'. They will then develop virtue. Cultivate generosity. There are people who donate anonymously as they believe strongly in the cause. When you have the means and the conditions to partake in all this wholesomeness you should do it. All the wholesome seeds you have planted will come back to you as wholesome fruition eventually. Your nature will receive back all this offerings and money. Brother Teoh shared that in this life, all that he receives is from his karmic inheritance. Nothing to do with luck. Money and wealth just comes when needed. But there are combination of conditions for their arising. Money can come due to one's parami. He shared his experience on how condition arise when he need to have a house a start a family, the conditions just arise. Thus it is important to take care of karma, cultivate wholesomeness and virtue. With understanding things will go your way.
15. Cancer is caused by mainly by mental **stress**. Negative energy borne of fear, worry, anxiety, stress, sorrow and lamentation cause immune system to fail and cells to mutate leading to illnesses. To reverse it, one needs to meditate to develop inner peace and inner wellbeing so that their body cells recuperate fast. By radiating good and positive wellbeing energy to the mind and body, it will help **alleviate/boost the immune system**. Your life style and diet are also very important. Your body has its way of telling you, when you don't take care of your body. It will bring about issues like pain, disease, etc. When you don't take care of mind, it also brings about mental suffering leading to depression. Thus it is important to arise the **right thoughts**. With the dhamma, you can develop **positive mind states**. Thus inner peace leads to inner wellbeing can help maintain your youth and health. When **connected to your nature**, you will have the **pure energy** to **heal your physical body**. If a person has poor health because of lack of proper food and nutrients, but when conditions arise and that person is suddenly given multivitamins, supplements and good nutrients, there is a sudden boost in his bodily health. With dhamma and spiritual faculties there is inner peace, inner awareness and wisdom. You only need to arise thoughts when you need to use them. Otherwise, most of the time you are fully aware and there is very little or no thought. But if your body has gotten accustomed to this mind states and nutrients and yet you fall sick, then you'd probably need a longer rest time to recuperate. Brother Teoh shared that his rest time become longer when he is down with flu as he ages.
16. The benefit of meditation is that you can heal yourself. Meditation brings about wisdom to liberate your mind. Even when you confront suffering in life, the supra mundane understanding

will help you, to live well without suffering. To be successful in life, you need both the **mundane** and **supra mundane understanding**. With the supra mundane understanding, you will live the noble life of an enlightened being. You are able to live life to the fullest. You get to experience the **pristine beauty** and **wonders of life**. No more problems and life is just beautiful and wonderful.

17. Sister Angie enquired about **non attachment**. Brother Teoh explained the nature within you that awakens brings about **wisdom** which **frees** the form and mind. But this form and mind is **not you**, it is just a karmically conditioned entity. This nature will **not attach** and **cling** to this form and mind. Without this awakening the “person” who wants to let go will not be able to do so. It is through wisdom and understanding of who you are, that able you to really detach. Thus the word “Non attachment” is a fallacy. When there is wisdom, you can’t even hold, thus there is nothing to attach. People use it as a practice, practice detachment and letting go etc. There is **no such practice**. Basically without wisdom, you won’t have the ability to let go. The moment you hold, you already have delusion. As you want to let go, it is the **thought** which wants to let go. But thought is egoic. Without yoniso manasikara, upon contact at the moment of sense experience, you **won’t be able to cut at feeling**. Without wisdom feelings immediately condition cravings.

18. You can’t teach a kid to not attach. It can only be done through their own understanding or wisdom. Wisdom is such, either you have it or don’t have it, you cannot learn it through knowledge. You have to awaken through the direct seeing to be able to not attach. With wisdom, one is also able **to accept things as they are** and **be at peace with the reality in all situation**.

(Above draft is by Sister Angie, Phey Yuen)