

## Outline short notes for Brother Teoh's Thursday Talk dated 18<sup>th</sup> April 2019

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Thu-190418.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/Teoh-Thu-190418.jpg>

1. Sister Tammy reported her meditation. She was aware of her body's sensations (heat building up) and thoughts. She was also aware that her body moved (like spinning).
2. Brother Teoh explained that when you **feel heat** or **movement**, it is due to the **energy built-up inside**. Regarding the heat it is actually due to the **yin and yang** imbalance. Sometimes it is just a test to see whether you are affected by it. Thus **do not** be deceived. Whatever state that arises, **just relax into it and maintain awareness**. Relax and silent your mind and **let things be**. Understand that when your sati is **not** stable these movements can happen. Those who do or practice Reiki, their body has a tendency to shake due to the energy built-up.
3. **Sati** leading to **heedfulness** needs to be **established** during meditation. Understanding the meditation as taught by the Buddha is most important. Do not doubt. **Relax and stabilize the awareness**, then go back to the heart. Swaying will eventually stop when awareness has stabilized. Do not create any mental hindrances (especially the likes and dislikes).
4. During meditation, there will be different experiences and states of mind that arise. You need the skill to **understand what meditation is** and **what you are doing in the name of meditation**. You need to be **heedful** and develop the understanding of **who** and **what are you**. Also to **see clearly** that all these movements (physical, mental and nature's) are **all dependent originating and condition arising phenomena**. In **pure awareness** you can see all this.
5. Brother Teoh shared his experience 30 years ago, when he was just **aware** at the heart area **without any** thought then all of a sudden he **realized** there was **no one** inside there. It is just **an awareness** from the **nature** arising and passing away, awareness is one with the heart beats.
6. **Thoughts are response** from **memory** hence they are **condition arising/dependent originating, nothing to do** with the **nature**. Understanding comes by itself through the **silent mind**. You are the **awareness** which is **beyond** all these creation. All of your **knowing** is mainly **thought based knowledge, accumulated as memory**, not the reality. Reality is when **your awareness sees and experiences** all this and you are **able to be with it** and sees the whole movements **without** fragmentation to awaken.
7. When the **silent mind** in **pure awareness** is with all phenomena, it **can awaken** via an **understanding** which is **not rigid**. After this only can you relate to the teachings. **Not the other way round**. The other way round is to read the teachings and go look for those **mind states mentioned** in the **teaching, believing you are in those states**. All these are **thought based meditation**. Dharma in written form are **merely words pointing** to the **truth**. It is **not** the truth itself. Thus you **cannot** use words and concepts

**to realize** the truth which is **beyond** thought and mind. Instead you need to meditate via **sati** (the **silent mind without thoughts and concepts**) to awaken.

8. Thought is for you to use. When you awaken you will understand that **your 5 aggregates of body and mind** is **subject to karma** because it is Karmically conditioned from your **karmic nature**. Hence you will also understand that you have to have **right duty** to **take care of karma** even though the **true unconditioned** dharma is about **emptiness**; I.e. hey no you and hey no me, no form, no mind. You need the understanding of **both** the **conditioned** and **unconditioned dharma** to truly live life.
9. Once you are able to locate **your gateway** to your nature, all the yin yang energy will melt into it to become **pure energy**.
10. There are people who go into occult (pure psychic) energy practices and use it for healing and performing psychic ability. Since only **wisdom** and **understanding** frees the mind, nothing else so being involved in **energy field** does **not** free. With **awareness based** meditation **leading to wisdom**, you can also avoid threading on the evil or wrong path.
11. There are **2 ways** to cultivate the Bodhisattva way: one way is **to develop the wisdom first**; then **locate the gateway to our nature** to speed up our cultivation. The other way is **to make use of the pure energy to locate the gateway** first then **only use it to develop the wisdom** leading to all the other perfection. Without wisdom developed via the dhamma make available during the **Buddha sasana** or from a **good guide** (teacher), it is very difficult to go the **wisdom way first**. **Similarly without** the help of a **true guide** or a **good teacher**, it is also **very difficult** to develop the **understanding** of the **gateway cultivation** which is **beyond** thought and time. But the first way is **safer** because the **wisdom will protect** the **cultivator from going** into the **occult or psychic fields**. (For more detail **please do listen to the recording** to develop the **complete understanding**. Especially the part relating to my last teacher and what is captured in this **outline short notes** is just a **small part** of what has been shared.)
12. Brother Teoh further explained his last teacher's meditation. If you do not know how to silent your mind to **locate or realize your nature** which takes you **straight** to the **No thought state**, you **tend** to go for **thought based meditation** which **cannot lead** you to the truth which is **beyond thought**. It is very difficult unless you have a good teacher. Even with a good teacher, it takes time for you to build up the confidence. The Six Patriarch Platform teaching helps you to understand this. For one to realize the **3 universal characteristics** of impermanence, suffering and non self states is **already very difficult** if **not** for the Buddha's teachings within this sasana because it involves understanding of **truths within conditioned and unconditioned**.
13. Thought is both matter and energy ( $E = mc^2$ ). Matter is trapped energy. Thus **thought based** is related to **energy field**. Since **thought** is **also matter** so **without thought, form** will **not come** about. Since Form is the product of thought therefore **thought can see form** because **thought has higher intelligence**. But **thought cannot** see **awareness** because **thought** is a product of **spacious awareness**. Thus **awareness** has higher **intelligence** than thought.
14. **Theoretical dhamma** are mainly **concept** and **ideas**. Theoretical dhamma has nothing to do with the **direct seeing** via the **silent mind** in **pure awareness**. You can awaken with this **pure awareness** which is

beyond thought and beyond mind. Hence strive on with heedfulness. The moment you are heedful, you are **destined** for enlightenment. **Daily mindfulness leading to heedfulness is a must.** Meditate with sati to see your defilements and to realize the essential dhamma leading to wisdom.

15. When you are mindful of all mind states, you will **understand how your wrong thoughts (with the 3 evil roots)** which arise due to your **deluded** and **conditioned mundane mind** (borne of accumulation and memories of the good and bad experiences) can cause your **negative emotions** leading to **suffering**. You will also understand how all these **wrong thoughts** and **negative emotion** (like anger, hatred, envy, jealousy, trapped **phobias** and **insecurity**, etc.) condition your **fear, worry, anxiety, selfishness, sorrow and lamentation** etc. leading to suffering.
16. It **should be** the **awareness** which is **aware** of the **thoughts** and **emotions** by being one with it and not via **another thought** knowing an earlier thought or emotion like anger, fear, worry, anxiety, etc. For example, **aware** when fear arises. When **fear arises, stay with it** and see clearly what happens when you are **just aware** (be with it) and **don't do anything. What happen** to that **movement or emotion? Fear will cease** to be then you will understand **Fear was never you** but just a **condition arising or dependent originating** phenomenon. It arises due to conditions (ones delusion or wrong view) then when condition cease to be it cease to be. It arises and passes away depending on condition hence impermanent and empty. **Relax and aware** and you will understand all this. All these condition arising mental states will disappears and cease to be because the **original state** of the **true mind** before its stirring is just **pure awareness** and there is **none** of this fear. It all comes about due to one's **wrong view** conditioning ones **wrong thoughts** leading to one's reaction of mind.
17. Brother Teoh's daughter shared her earlier experience (before she understands the dhamma): After making a donation, the **thought** of being **cheated arise in her mind** for some time. She then recalled the advice from a previous dhamma sharing by Bro Teoh - "why this thought and not any other thought." It made her investigate further into the suffering that arise due to this wrong thought. She realized that she was **attached** to the **feeling** - 'I got cheated' due to memory and thought. She then inquire: Who is it that has all this negative thoughts? Is this her? She started to experiment with her mind. When she **changed her perspective to think positively** she realized her suffering was gone. They may be **sincere** and **even if they are not sincere**, it is because they need my money. Moreover what happened is already over why cling on to that wrong thought of 'I have been cheated'? They will have their karma. She then realized her mundane mind really controlled her when she think that wrong thought. It was like holding to that red hot burning thing that was tormenting her.
18. Instead of **acting with wisdom**, you allow your **wrong thought** to condition you to **act negatively**. On the other hand, with right view, you can trust your karma. After all it is not what you think; it is just a form and mind meeting another form and mind due to karmic conditioning.
19. You **need wisdom** to **root out insecurity**. All is subject to karma. Karma creates the thought to project into the future **causing you** to **feel insecure**. You need to take care of karma, in turn karma takes care of you. With wisdom, understand that it is just form and mind and thoughts arise and pass away

following the 12 links. Always remember only **self-delusion** can cause you to have **such negative mind states** leading to misery.

20. Eric's sharing: "*some learns the dharma but do not practice* because they **thought** they **know** already. This is dharma knowledge. But for me I learn and I put into practice what I have learnt." He went through suffering, experienced them until he understands them deeply. Just like the burning hot charcoal analogy, if you know how it has been burning and tormenting you when you keep holding it, you will never touch it again.
21. Fear, worry and anxiety cannot solve your problems but only conditions more negative karma in your life. Instead you need **wholesome mental states** borne of **right views** to give rise to good emotions coupled with faith to transform you into a beautiful being. Also understanding the 1<sup>st</sup> Noble truth's 8 realities of life is very important because under the 2<sup>nd</sup> turning of the 1<sup>st</sup> Noble truth, it is stated that suffering is to be understood.
22. You live a beautiful life through the dharma way i.e. following eightfold noble path. By developing inward beauty, your nature is beautiful and you will have right view, right thoughts, right speech, right action and livelihood, this leads to inward transformation. When inside is okay, outer no problem.
23. When you understand the noble truth, you understand suffering. You are heedful and able to apply what you learn. When negativity arise, you are **aware** of your **wrong thoughts**, you understand they are impermanent, condition arising wrong thoughts borne of self-delusion. Thus the mind releases and is not deceived. You need to contemplate when it happens. This way is suitable for those who suffer a lot. When you are aware of all these **negative mind states conditioning** your **suffering** you **can retrospectively reverse** them with the understanding, this itself is meditation. Awareness is very important.
24. Meditation in daily life: any thoughts or emotions that arise, **be aware (silent) and stay with it**, eventually they **all cease** to be. Only **true nature** is real. No point clinging and grasping which only cause unnecessary suffering. You will understand that the body and mind is merely a karmically conditioned vehicle and tool for you to come to this existential world, hence use it well. You cannot control the form and mind from going the way of nature because it is dependent originating and not a permanent unchanging entity which you can call the 'Me' and the 'I'.

(Outline short notes prepare by Sister Angie Chong)