

Brother Teoh's 30 April 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190430.mp3>

J. Krishnamurti : <https://broteoh.com/wp-content/uploads/Listening-brings-freedom-J-Krishnamurti.pdf>

1. Contemplation on J Krishnamurti's quote "**Listening brings freedom**"
 - a. **When there is "effort" in listening = you are not listening**
 - i. The thought "tries" to listen with its views, opinions and conditioning by comparing, justifying, condemning, etc.
 - ii. The "effort" is a distraction that prevents listening.
 - b. **If you know how to listen, your mind must be a free mind which is still and completely silent/aware**
 - i. Listen through awareness/attentiveness (without forcing oneself into any pattern of thought e.g. likes, dislikes, etc.)
 - ii. The awareness within will understand the **truth/non-truth** during true listening.
 - c. **This is similar to meditation in daily life, wherever there is "effort" there is no mediation**
 - i. The very "trying" to meditate creates movement of thought.
 - ii. The thought "tries" to know, creates movements to become this and become that which is not the reality or 'What is'.
 - "trying" to achieve a particular state (e.g. calmness, peacefulness)
 - "trying" to capture certain experience (e.g. jhana, nimitta)
 - iii. Sati or mindfulness is **pure awareness before the knowing or perception** (without words, concept or thought, also no verbalising – hence there is no concept or idea of good/bad meditation. Just an awareness to see things as they are without any word and conditioning!)
2. Sis Adeline asks: "If cultivators get Alzheimer's, what happens to their awareness?"
 - a. Bro Teoh threw an enquiry to the class: "What is the main difference between a true cultivator and others?"
 - b. Having the Dharma, a true cultivator with their understanding and wisdom developed **will not** suffer or be **afflicted** by what happened.
 - c. Ability to accept the **reality** of the moment and having **inner awareness** will help the cultivator to recollect what has transpired. In that sense a **true cultivator with awareness and wisdom can cope** with Alzheimer (as a physical condition) much better.
3. Discussions on medication, drugs, supplements, etc. prescribed by doctors and psychiatrists to treat depression patients:
 - a. They usually prescribe chemical imbalance drug to reduce the impact of fears, which may lead to panic attacks due to chemical imbalance caused by certain hormone releases.
 - b. The mind has become too active or restless (constantly preoccupied with the **wrong thoughts**) leading to fear, worry, anxiety and insomnia (inability to sleep). Doctors will then prescribe **sleeping pills** (tranquilliser) which are **basically drugs**. Patients will become dependent and addicted to such drugs after a while. Then they need higher dosage as time goes by leading to more dependency on such drugs.
 - c. Mental suffering is conditioned by **Unwholesome Thoughts** with the **3 evil roots** > forming a cocoon of **wrong thoughts** borne of **accumulation of experiences** (good and bad) via **memories** and the **conditioned mind** with its views, opinions, phobias, envy, jealousy, insecurity, resentment, all kinds of emotional negativity, etc.) leading to depression and panic attack.
 - d. If you treat your **thoughts as a friend** for you **to use appropriately with understanding**, you will have **wholesome thoughts** borne of **right views** instead. Then you will be beautiful and you will have the good life.
 - e. Thought is a **good tool** for you **to use to help you live life. Do not use it to harm yourself and hit out at others.** Thought is **neither good nor bad**, it depends on the **user of thought. Without wisdom**, thoughts will become wrong thoughts. Reason why cultivators must straighten their wrong views to develop wisdom.

4. 4 types of wrong speeches:
 - a. False speech
 - b. Harsh speech
 - c. Back biting and
 - d. Frivolous speech

5. Sis Yoon Chun recounts walking down the precarious steps of Fanjing San from her recent GuiZhou trip. She heard fearful comments like “wah! So steep!” - To which she responded with “Don’t look down and don’t think. Just walk”; this enable her to successfully complete the descending circuit.
 - a. Bro Teoh added that we **should walk mindful** and **really** get to **know** our **own body**. If need to rest, then rest. Be attentive and walk mindfully so that you will not lose your balance. If need to hold on to the railing or chain to ensure safety, then just do it.
 - b. It is important to maintain awareness during the climb (e.g. be aware of our breathing) with wise attention (recognise what is fit/unfit for attention).
 - c. When you are mindful (mind in full awareness), there is naturally no thinking and you are fully aware and more sensitive.
 - d. As emphasised in J Krishnamurti’s daily quote: “Listening brings freedom” > **Be simple**, don’t let wrong thoughts (habitual tendencies) complicate matters (or cloud your awareness and dull your mundane mind).

6. Sis PG shares her experience from the early morning after the rain, at the FanjingSan, Borui resort. It was so still, so beautiful, with exceptional energy. Also, when sitting in meditation in the main hall of the Golden Buddha temple (where the golden statue of Maitreya Buddha was located), the mind could become so silent and still so fast.

7. Bro Teoh recap last Thursday’s sharing by his daughter of a donation she made to the heart foundation some time ago.
 - a. She had the thought “kena cheated”, and her mind was caught in mental negativity (e.g. “How can people do this?”) for quite a while, festering into emotional turmoil.
 - b. She recalled an enquiry from the Cameron retreats **“Why this thought, and not other thoughts?”** This enquiry freed her, through understanding, by reversing the thought that trapped her; choosing to perceive all live situation with wholesomeness and understanding instead of negativity. (e.g. “Maybe it is genuine?”, “Even if not genuine, maybe they need my money?”, “What’s done is done, let it be”)
 - c. Feel with awareness > whenever you are **not peaceful and unhappy**, the wrong thoughts and evil roots are there.
 - d. True Cultivators are sensitive because they are constantly aware. Any stirring of thoughts (wholesome or unwholesome) leading to emotions, will be easily detected.
 - e. With wisdom at the moment of sense experience (yoniso manasikara), thought will have no power over you.

8. **Take care of kamma**
 - a. Everything arises and ceases due to causes and conditions (dependent originating)
 - b. Realise the beautiful empty nature of existence (anatta).
 - c. Everything within the condition world are condition dhamma;
 - i. No reality, dream-like, illusions, bubbles and shadows.
 - ii. Like a morning dew (very transient), like a lighting flash (very fast), impermanent.
 - iii. Contemplate it thus.

9. **Take care of mind**
 - a. Mind is the forerunner of all things,
 - b. When mind arise, everything arise

(Above outline short notes draft was prepared by Sis Soo Yee)