

Brother Teoh's January 29 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190129.mp3>

Book Reference: The Buddha and His Teachings – The Wheel of Life (Paticca Sammuppada) (Chapter 25, Page 419)

1. Bro Teoh discussed J Krishnamurthi's quote: "You and Nothingness are One"
Through a very stable awareness (mindfulness) we can see clearly the "**Empty nature of existence**" and come to understand that the **observer is the observed hence its anatta nature**. One needs to **experience/realize this state of nothingness in one's meditation** to awaken.
2. Sis Adeline shared her experience on that **realization of total stillness** at her recent retreat in Wat Na Luang, Thailand. She said the first few days were **mainly theory** but because of her **stability of daily mindfulness** developed earlier on (over the last 2 plus years) she was able to easily understand what was shared. Then on the last day when they have this fairly long meditation session she was able to settle down very fast and within a **short moment** she was in **the state of total stillness without thought**. She felt **so light, so free** and there was **just still awareness without any thought at all**. She sat for almost two hours without any pain or mental hindrances and there was hardly any thought then later she experience only **complete stillness and joy borne of a free mind**. She **realised** the **state of no thought, no mark** (of a self) and **no dwelling** as stated by Hui Neng in his 6th Patriarch Platform sutra. She had also earlier on developed a very good understanding of the Heart Sutra as taught by Kuan Yin. The J Krishnamurti quote that Bro Teoh shared **that night** (on '**you and nothingness are one**') was **so clear to her** because **that was what she realized** while at **Wat Na Luang**. She said during the early years, she cannot understand J Krishnamurti quotes at all but then suddenly nowadays J Krishnamurti quotes were **so beautiful, so profound** and **so clear to her**. Suddenly she can understand them so well.

Bro Teoh **rejoices** with her rather **good progress** and explain that she was able to realize all these was because **she had diligently** developed the **stability of daily mindfulness** with **great faith** (two plus years ago) **after understanding** what Bro Teoh had shared with her (**mainly his Heart Sutra short notes teachings**) while attending Bro Teoh's last two years Cameron Highlands retreats. Bro Teoh also shared 5th Patriarch's message to Hui Neng. The 5th Patriarch told Hui Neng, "He who had realized their True Nature is the Buddha". That is the reason why Bro Teoh always shared with us this important understanding - **unless one realises one's true mind or true nature one can never understand** the true dhamma (teaching of the Buddha) especially those of the Heart sutra and the 6th Patriarch's Platform sutra. That is, one must **connect to one's true mind or true nature to awaken**. Only the true mind can awaken one's nature. We have to reflect and contemplate on this deeply and Bro Teoh also reminded us on the **importance of cultivating a very stabilize daily mindfulness** leading to **heedfulness to gain true insights**.

3. Bro Vincent enquired whether a thinker can be separated from thoughts. Bro Teoh replied that one needs to **realize this state of no 'thinker'** behind the thought via a **very stable daily mindfulness**. The truth of the matter is the thought thinks itself because there is **no separate thinker**, they are **join phenomena** and **thoughts arise** through **response** to memory.

(About short notes was prepared by Sister Hooi Yoon Chun)