

Brother Teoh's 9 July 2019 Tuesday Class Outline Short Notes.

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190709.mp3>

A. Session 1: MEDITATION Instruction by Brother Teoh

Relax body and mind completely. **Mundane thinking mind** will **slow down** and **settle down** on its own. Then it will become **very quiet** and **still**. This is the **meditative mind**. For cultivators who have **developed** their **Sati**, if they **can just let things be**, their **minds will drop** into this **silent awareness state very quickly**. Stay in that mode. Maintain awareness and relax. Continue to be **aware of the breath** until the **mind's awareness** finally **drops** to the **heart area**. Then if you can **detect** any **bodily vibrations** or **heart beat around** the heart area, stay with it. It will be **very gross at first** but if you can maintain the silence, it will slow down by itself and become very subtle and quiet until **only awareness remains**. Anchor the mind there. **Maintain** awareness **until** the **mind** enters **sati** and realizes **passaddhi** (the **tranquillity** and **stillness** of mind). Then this **silent mind** in **awareness** will be **able** to **meditate** on its own. It can **be aware** of all the **sense door activities** that arise **upon contact** of **mind** with their **respective sense bases** and **sense data**. When this is **stabilized**, you will **understand** how your **mind works** following the **12 links** (paticca sammupada). You can also **understand** how you **function** as a **human being**. There **must be contact** for **consciousness to arise**. Upon contact, how you **input** your **content of consciousness** following your **memory, views & opinions, belief system** and **conditioning initially**. We can then **become aware** of our **aggregates of mind**. It is **very clear**. This is **Real sati**. You will **eventually** come to **understand who you are & what you are?** How your physical form and mind interact? How your 6 sense bases give rise to consciousness.

Without wisdom you **can only act according** to memory following your views, opinions and conditioning etc. One can only **act according** to **understanding** if one has developed **wisdom (especially the initial wisdom of yoniso manasikara)** borne of the 1st and 2nd turnings wisdom. This **initial wisdom** or wisdom at the moment of sense experience can be developed through **listening** to the **true dhamma** followed by constant **wise reflection** and **contemplation** of the **dhamma heard**. One needs this **initial wisdom to straighten** one's views. However, this is **not the penetrative wisdom as yet** but it is very **useful** because this can **prepare the base for us to receive** the **penetrative awakening** later on. We then **won't react** to **sense experience like before** because this **wisdom will spontaneously arise** to **prompt** you with the right understanding. Our Mind becomes different with this understanding. We won't act with memory, views, opinion & conditioning after that. We will **act according to understanding** and **wisdom**.

B. CHAPTER 33: NIBBANA CONT.

1. NIBBANA is the **unconditioned, unborn, uncreated, and unoriginated**. Thus, it cannot be described or expressed in words. It is **not** a state of Nothingness nor a **special mind state** that can be experienced. What it is, cannot be understood in conventional terms. It can only be **realized** by the **Wise's form and mind** each for themselves.
2. **Sopadisesa Nibbana Dhatu** is realized by an Arahant with the **5 aggregates of form and mind** still remaining in the world. It means **not his time** to parinibbana as yet.
3. **Anupadisesa Nibbana Dhatu** occurs when an Arahant attains Pari-nibbana and ceases.
4. Those who can get a glimpse of Nibbana become either a Sotapanna or Sakhadagami whilst the Anagami and Arahant experience it for a much longer duration.
5. Bro Teoh described his experience of such **Cessation** as follows: **Everything ceased**, there was **no heartbeat, no mental activity** and even the **pure awareness**, but one is not dead. The body is not cold.

There is a **pure energy** preserving the body from being destroyed. When cessation ended, the **consciousness came back**, and from the **heart area** it split into 3 areas of main consciousness: one part went to the Brain, one part went to the Navel (Tan Tien) and the rest remained at the heart area. The moment the **consciousness came back** it **activated** the **brain, navel** and **heart** area to **reanimate** the human being.

6. Tammy asked: Is the **Chinese saying on the 'spirit's Life Force being destroyed'** the same as experiencing the Nibbanic state? Brother Teoh replied: No! It was not. Nibbana is totally different.

7. **WISDOM** is an **understanding** which is **not rigid**. **Wisdom** is **not a Knowledge** which is Rigid. Wisdom is having **Right Understanding** with regards to all the **nature's laws** that **govern all of life** within this **existential world** of ours. They are the **5 Panca niyamas** (universal orders of nature). They are Utu niyama, Bija niyama, Karma niyama, citta niyama and dhamma niyama. The first 2 are **scientific laws** and the last **3 are spiritual laws** as stated in the **1st path factor** of the **Noble 8-Fold path** of **Right view** or **Right understanding**. Having **wisdom** is having **Right View** or **right understanding** to accept the **reality** of the **present moment** and not be **attached** to anything through an understanding.

8. **Wisdom** can be developed in **3 ways**, viz:

- **1st turning wisdom (Suttamaya panna)**: through listening to or reading of the **true Dhamma** leading to.
- **2nd turning wisdom (Cintamaya panna)**: through **constant reflection, contemplation** and **inquiry** into the **dhamma learned** to develop a **more stable** and **clearer understanding** of the dhamma.
- **3rd turning wisdom (Bhavanamaya panna)**: Realization through the **direct seeing** via insight into the 3 universal Characteristics of nature.

(Above draft short notes was prepared by Sister Hooi Yoon Chun)