

Brother Teoh's 3 Sep 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190903.mp3>

1. Bro Teoh recounts how the **kalyanamitta group** started and **how it has grown**, as well as the **background** for him to come out to share the dharma via **setting up the 3 conditions supporting our dharma sharing sessions**. The 3 conditions are:

First condition: Call it a **sincere Dharma sharing or discussion** and **not** 'a one-way traffic' talk so that there is **genuine learning** and **no authority** is involved.

Second condition: '**No right and No wrong**' so as to **avoid unnecessary argument** and **misunderstanding** via **mutual respect** for each other's cultivation and understanding during the Dharma discussion/sharing sessions.

Third condition: To have an **open mind** to **listen attentively** and to **take in or make use of** whatever that is **useful** and **beneficial** to **progress along the path of Dharma**.

2. Bro Teoh did a review of his **27 Aug 2019 Tuesday class Outline Short Notes**.

3. Bro Teoh shared some of **Master Hsuan Hua's** dharma sayings as follows:
 - The difference between the Buddha and living beings is just a **single thought of ignorance (相差一念之间)**
 - 'Buddha is mind, mind is Buddha. If you don't understand mind, you don't understand the Buddha'.
(佛就是心, 心就是佛, 你误会心, 就误会佛)
 - The **true mind** is the **Oneness nature** or the **Buddha nature**. The **mundane mind**, after it **has rooted out ignorance** and **perfected itself**, is Buddha. That's why in the **conditioned** world, there is such a thing as a Samma Sambuddha when they arise. The **3 bodies or Trikaya of the Buddha** are, the Nimanakaya, Sambogayakaya and the Dharmakaya.
4. The **5 Mental Hindrances*** **impede** or **hinder us** from **entering the meditative state of inner peace and inner awareness**, while the **direct opposite 5 Spiritual Faculties**** **supports us** in our cultivation.
* **Sensual desire, ill-will, Worry or Restlessness of mind, Sloth and Torpor and Doubt or indecision.**
** **Faith, Spiritual Zeal, Mind in full awareness, Collected and unwavering free mind and Wisdom.**

5. **Within the moment, without thought** there is **no** sorrow, fear, worry and anxiety; thus, we are able to **experience the pristine beauty, tranquillity, stillness and wonders of life**. *Every moment one's nature is fully aware*. With this **silent inner awareness (within)**, we are **fully aware and conscious about life**. Our mind is **full of clarity, love, and joy**. The tranquillity and stillness borne of wisdom, will bring us much joy.

6. When you look at living beings, they are so heedless. **Without Dhamma, living beings are like "blind", and cannot deal/cope with life**.

7. The **summation** of each and every individual's consciousness, is the **World's collective Consciousness**. Therefore for the world to change, the **individual must change**.

8. **Right thoughts** are all your **virtuous thoughts**, covering your thought of goodness, sincerity, honesty, gratitude, pleasantness, kindness, gentleness, contentment, humility, respect, faith, love and joy, etc.

9. **Wrong thoughts** are thoughts that **condition your fear, worry, anxiety, sorrow, lamentation, insecurity, selfishness, cruelty, hatred, envy, jealousy, prejudice, covetousness, suffering, emotional negativity**, etc.

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