

Brother Teoh's Oct 1st 2019 Tuesday Class Short Notes

Reference Book: The BUDDHA & his TEACHINGS

Chapter 41: **PERFECTIONS or PARAMI** Page 576

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-191001.mp3>

1. **SUTTA NIPATA: Work for the Welfare of Others.**

There are **10 Transcendental Virtues or Perfections** that are **cultivated** to gain **Supreme Enlightenment**.

The **10 Perfections** are: **Dana, Sila, Nekkhamma, Panna, Viriya, Khanti, Sacca, Adhithana, Metta and Upekkha**. They are to be **cultivated with compassion, unselfish motives, no self-conceit and guided by wise understanding and altruism**. A **Bodhisattva** who walks this path must have a **selfless heart** with **great compassion**. He came for the living beings and is dedicated to service the world at large.

2. All the 10 Virtues have **three levels of Practices**.

3. There are **3 types of Dana** or Generosity parami:

1) **give of possessions and materialistic wealth** like food, clothes and money;

2) **give of Life** like blood and organs donation;

3) **give of Truth or Dhamma**...not just teaching personally but it includes facilitating the printing of books, help organise and inform others of dhamma talks and events;

All wholesomeness starts with **Generosity**. With dana, Sila can be developed. One needs merits to aspire for causes and conditions to avoid the foolish, meet with the **wise** to cultivate the Dhamma.

4. For keeping Sila or Virtues, we need to maintain the **minimum of 5 Precepts** to prevent one from committing Evil and maintain our good kamma. It is the foundation for other virtues.

5. **Renunciation** is not just being a monastic but to **have the ability to renounce everything** to root out **attachment** borne of **self-delusion**. **Patience Endurance** is very important for cultivation of this virtue. We should **just do** what we are supposed to (base on wisdom), despite the difficulty. Don't try to know. Accord & flow with the conditions and situation. Have no desire and craving to progress. Just do. This is wisdom.

6. **Truthfulness (Sacca)** and **sincerity** is to **root out selfishness**.

7. **Adhithanna** is the **Affirmation of Truth** by making vows/aspirations and invoking the power of merits and wholesomeness for causes and conditions to arise to deal with difficulties and help in spiritual progress.

8. We should **cultivate till** we **realize** the state of **no thoughts** to **understand** the **self-Nature**, then **realise** No Mark of a Self-cultivating, no mark of others and Life to realise Non-self and true Emptiness. Finally, to **realize the mind with no Dwelling** to be completely free of all suffering borne of attachments and clinging. We are guided by Understanding and wisdom, especially of both the conditioned and unconditioned dhamma clearly.

9. Contentment is the Highest Wealth.

(Above short notes is drafted by Sister Yoon Chun)