

Short notes for WPCS Sunday class dated 21 Jan 2018

Audio mp3 : <http://broteoh.com/wp-content/uploads/Teoh-WPCS-67-6th-Patriarch-2018-01-21.mp3>

1. The **human being** consists of the **5 aggregates of form and mind**, i.e. the **physical body** (*1st aggregate of form*) and **mind** (which has **4 more aggregates of mind**). The 'form and mind' come into being as a **result of Karma**, i.e. it is **dependent originating** – arise due to **causes and conditions**. The 'form and mind' (which is the human being) exists but it is **not a permanent unchanging entity** hence **not you**.

2. When we **meditate** via the **silent mind** (without **any interference** from our **views, opinions, scars of memories, conditionings, traditions and belief systems** etc.) to **see things as they are**, we will be able to **insight** into the **3 universal characteristics of nature** to **realise** that this 'form and mind' is **not us (self)**.

3. In cultivation, we should **allow thoughts** to **arise** and **pass away naturally** and **not to suppress, control or resist** them. When we try to control, resist and suppress thoughts, unwittingly we are actually using **another thought** to resist or stop these thoughts. When we do this we are using **thoughts** to meditate leading to '**thought based meditation**'. **Who meditates, who note? The thought!** So whenever there is a 'meditator', there is **no meditation** because **thought cannot** realise the **enlightenment** which is **beyond thought** and **beyond time**. **Before** one is **enlightened thought** is always **egoic**.

4. Dhammapada verses 21, 22 & 23 **confirmed** the **importance** of **Heedfulness** in meditation and since **Heedfulness = ever mindful + constantly meditative** (cultivating the Noble Eightfold Path); first we need to **train** the mind to be **mindful** then **stabilise it** to be **ever mindful** then use it to meditate via following the below steps:

(a) Train the MUNDANE mind to be **quiet** and **mindful** via the **mind sweeping method** and **metta**.

(b) Then **stabilise** this **quiet mind** via **Anapanasati** to be **ever mindful** in the **midst of life** to **cultivate the Noble 8-Fold path** via the **daily mindfulness**. **Meditation is to be constantly aware** via the **silent mind** to **observe, understand and insight** into phenomena to **develop the wisdom**.

(c) Why Anapanasati? Because the breath is always in the **present moment** hence when we are **mindful** of the **in and out breath** we **cannot think**, we are **always aware**. Then **relax** into **every mind states** that **arise** to realize the **piti, sukha, passadhi** (or **tranquillity of mind**), and the **silent mind** (which is the **meditative mind** or **mind in sati**). When **mind** has entered **sati** the **daily mindfulness** will arise **naturally** because by then all of **sense experience** like **seeing, hearing etc** will be in **sati all the time**.

5. **Mind** is the **forerunner** of all things. When **mind arise** all of the phenomena world and the myriad creation will also arise. The **mundane mind** then via its own **self-delusion** *clings and grasps onto the*

'form and mind' and the phenomena world thereby **causing the human being** to go through **endless circles of births and death (samsara)**.

6. PG shared her experience of having **disturbing thoughts** and how she overcame them by just **observing them** via the **silent non-reactive mind**. When she started **to observe** these thoughts **silently**, there was **no more mental energy channelled to feed the arisen thoughts**. There was **no more ill-will** (or aversion) towards **those thoughts** or **desire to stop those thoughts**. The **thoughts** then **slow down** and finally **ceased** or **stopped** by themselves *via returning* to their **original state before** the stirring.

7. People *think the* **mind must be quiet** when in **meditation** but this is **not the correct understanding** because **meditation** means **to silent your mind to observe** and **understand** with the **true mind** (without thought) to **develop the wisdom**. **Observe** the **chattering mundane** mind with your **silent mind**. Do not use **another thought** to do away with the *chattering mundane* mind. The thoughts **will stop** by themselves because they are **condition arising** (not you) and they are also **not intrinsic** to the **true mind**.

8. If you meditate using a **focused mind** in **concentration** or **absorption**, it will **lead to energy fields** or **psychic ability** and you **cannot handle** your daily life well because the **anusaya** or **latent tendencies** (or the **'pain body'** as Eckhart Tolle calls them) are **all not rooted out** as yet; instead they are all being **suppressed** under *those mind states*. They will surface when **there are conditions** then we will **react** and **be afflicted** when faced with situations **we dislike** or **don't understand** because there is **no wisdom** to **liberate** the mind.

9. If it is a **free mind** with **understanding** and **wisdom** our mind will **not stir** *under any conditions* in daily life. We will **not react and become afflicted**.

10. Thoughts are just **harmless consciousness** that **arise** and **pass away** then **cease**; how come they can have **such power** to make you **so miserable**? Because via **self-delusion** you **cling on to them and you will be afflicted**.

11. Always remember *'the awareness of inattention is attention'* and **only wisdom** frees the mind.

12. Why doubt? Give yourself a chance to try it out, to investigate. Change the way you do things to improve your life and change for the better. Always, have an **open mind**.

13. To be born as a human being is very rare. To **encounter** the Buddha's teachings is even more rare. So don't be **heedless** anymore. Don't waste your time anymore for this window of opportunity is very rare therefore do **Strive on with Heedfulness!**

(Note: About draft short notes was prepared by Sister Mun Yuen)