

Outline short notes for lesson 75 of the 6th Patriarch's Dharma Jewel Platform Sutra dated 27.5.2018

Audio : <http://broteoh.com/wp-content/uploads/2018/05/75-6th-Patriarch-27-May-2018.mp3>

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1. The Self Nature is the Oneness, source of everything. Originally, there is nothing, where can the dust alight?
2. "Dust" here means defilement or unwholesome mind states. It arises because of duality created by the mundane mind via words, concept and idea. The mundane mind creates the "duality" of good and bad, wholesome and unwholesome, right and wrong, etc. It is **impossible to then use the mundane mind to do away with such dualities** because the **mundane mind is fighting its own creation** which always comes together as a pair; meaning if one does not create then things are just the way they are – no right, no wrong and no good and no bad.
3. If the **mundane mind** does **not create duality** via **delusion**, then the **true mind can see things as they are**.
4. We must learn to **use the mundane mind** (5 mental aggregates of form and mind) and yet **not deceived** by it.
5. Do not waste time on tainted merit. Instead, work towards awakening via the silent mind.
6. Story of Bodhi dharma transmitting the dharma from India to China.
7. **Enlightenment is to awaken to the self-nature or true-nature**. It is **not about just sitting without understanding**.
8. Start from basic, i.e. understand that **everything arises** from the **self-nature**, including the **mundane mind**. For **Mind is the forerunner of all things, when mind arises, everything arises**. Whether something is wholesome or unwholesome (duality), they all arise from the mundane mind.
9. There is a **nature** that is **independent of thinking**. All beings are **connected** to the **self-nature** which **is never born**, hence it **doesn't** get sick, get old or die for this is the **eternal nature**.
10. When one understands this, one will be able to cultivate and meditate accordingly. If one does not understand, then **one is just following instructions blindly**. Meditation is not about whether one is doing it right or wrong but one **must understand what one is doing in the name of cultivation and meditation**.

11. The mundane mind needs to be trained via mindfulness **to realize** the **true/silent mind**.
12. Not until there is mindfulness, there is **no real meditation** leading to wisdom.
13. Just relax and be silent. Develop the *5 spiritual faculties* to overcome the *5 mental hindrances* first. If there is still thinking, it's **because sati is lacking** and the **untrained mind is heedless**. Accept it and just be aware.
14. Use the heart (awareness within) to be **aware of external things** (*observe without views, opinions and thought*) **Learn to see things as they are**. Be *with the moment* in **silent awareness**.
15. Don't be **too eager** to know **about ones progress** because that **is a form of craving**. If you **have cultivated correctly** then conditions will unfold by themselves naturally.
16. In the *midst of life*, cultivate the **daily mindfulness**, i.e. learn to see the **physical, mental and nature's flow within nature**. If there is **mindfulness thoughts will not arise** but when *thoughts do arise just be aware* and **do not allow it to continue** or **proliferate** into a chain of **heedless thinking**.
17. **Thinking ahead** while doing **our intended** bodily actions or movements is **not being mindful at all**. Try *doing one thing at a time* with **full awareness**. Be **with the moment** in **silent awareness** more and more so that this **heedless thinking** will be reduced. Learn to live life instead of always thinking, planning and worrying about life.
18. Try **not to accumulate via memorize** so that the **brain has space**. Especially those **psychological memories like your fear, worry, anxiety, phobias, scars of memories, insecurities, etc**. Instead, jot them down so as to be free from the need to use memory. **No thoughts** mean *no worries, fear, worry, anxiety etc*.
19. Tranquility, silence and clarity of mind leads us to see things as they are leading to wisdom.
20. *When there is awakening*, **wisdom that arise will be connected** to the form and mind. The form and mind (or human being) is **no longer deluded**, one can say it has *become enlightened*. However, this form and mind is **not you** and **it is still subject to the law of Karma**. This **must be understood** so that one can cultivate correctly.
21. Enlightenment has nothing to do with whether one has completely exhausted ones bad Karma or not?
22. 2 aspects of the Middle Path: i) To avoid the **2 extremes** of **self-mortification** and **sensual indulgence**; and ii) to **transcend duality via wisdom**. Duality is to be understood. Duality pertains to the conditioned world.
23. Ignorance leads to heedless thinking (Avijja paccaya sankhara). Be aware of these mental activities via mindfulness to develop **wisdom to straighten ones views** so that one can **weaken such heedless thinking**.

24. The real meditation will always bring one back to the cultivation of the ***Noble Eightfold Path which is*** the meditation as taught by the Buddha. Always reflect and contemplate until the dharma is very clear.
25. The 1st and 2nd Noble Truths are the mundane aspect of life.
26. 1st Noble Truth explains the reality of life and existence, i.e. the 8 realities leading to dukkha if one lack wisdom. The prevalence of suffering if one confronts them without proper understanding.
27. 2nd Noble Truth – the cause of suffering is ***craving borne of delusion.***
28. 3rd noble truth – Suffering need not be. Nibbana can be realized in the here and the now.
29. 4th noble truth – cultivates the N8FP to transcend from mundane leading to the realization of the supra mundane.
30. **Question by Sister Adeline:** Can Bro Teoh explain *how we can one overcome or transcend duality* in cultivation?
31. **Question by Sister Eng Bee:** According to Bro Teoh N8FP still have duality right? Reason why Bro Teoh said in the last Tuesday and Thursday classes that the ***4th Noble Truth*** is about ***cultivating the N8FP*** (mundane cultivation) ***leading to the supra mundane*** which is the ***realization of Nibbana.*** Can Bro Teoh explain this further?
32. **Question by Sister Lee:** What does one need to do once the ***silent mind*** cultivation has been developed?

(Outline prepared by Sis Mun Yuen)