

Outline short notes for Sunday class dated 6th Jan 2019

Audio : <https://broteoh.com/wp-content/uploads/7th-Cultivating-the-Bodhisattva-Way-6-Jan-2019.mp3>

Whiteboard : <https://i0.wp.com/broteoh.com/wp-content/uploads/7-Cultivating-the-Bodhisattva-Way-6-Jan-2019.jpg?ssl=1>

Ref. book: Bro. Teoh's transcript book '**Cultivating the Bodhisattva Way**', pages 40-47

1. Brother Teoh commenced the class by introducing his latest transcript book, 'The **Five Aggregates of Form and Mind**'. Please also refer to last Tuesday and Thursday classes' introduction on the book.
2. The **5 mental hindrances hinder** the mind from being **peaceful** and **aware** within when we **lack** the **5 spiritual faculties**.
3. The mundane mind with delusion is always **agitated**, has fears, worries, anxiety, likes & dislikes, etc. because it **lacks sati** and it **wanders off** (lost in thought) into heedless thinking very fast.
4. All methods/techniques/objects of meditation are **skillful means** to train and **anchor** the mind to the object of meditation so that the mind **will not** have **wandering thoughts**. These methods, techniques and objects of meditation **never define** the meditation.
5. Focusing, concentrating and noting are thought based meditation. By doing so your mundane mind is active hence you are **not with the true mind**.
6. It does not mean that if we are not doing anapanasati or noting the rise and fall of the abdomen, we are not doing vipassana or meditating. Anapanasati and all these noting are just initial skilful means to train the mind to have a stable sati.
7. Focusing on an object of meditation will lead to samatha concentration. Eventually, we still need to release the concentration energy back to **normal awareness** to cultivate the **daily mindfulness** (aware of our actions, movements, postures, etc.) in daily life **to develop** the **sati sampajanna** practices.
8. The objective of going to a retreat is to train the mind to have a **stable sati** leading to the experience of **piti, sukha** and **passaddhi**. Retreat places are usually conducive environments for us to train our mind and we need to train the mind until it is heedful in the **midst of life**. It must be a **free mind**, not a **conditioned mind**.
9. Heedfulness means ever mindful and constantly meditative (cultivating the Noble Eightfold Path). Only when the mind is heedful, are we able to do vedananupasanna and cittanupasanna.
10. Meditation is to train the mundane mind to realize the Law of Dependent Originating, to be able to insight into the 3 universal characteristics of impermanence, non-self and suffering.
11. Brother Teoh shared his rather unique experience of how the 4 Noble Truths had a great impact on him when he first came across it in the year 1971. Others were encouraged to share their experience too.
12. In Sister PG's sharing, she vowed to have the understanding of the 4 Noble Truths life after life, after reading the phrase, 'whatever that arises, there are causes and conditions behind. And these causes and conditions, my Teacher has taught me'.
13. Another Brother became a vegetarian overnight after reading the Diamond sutra Dharma book.

(Above draft was prepare by Sister Mun Yuen)