

Outline short notes for Bro Teoh's Sunday class dated 3rd March 2019

Audio : <https://broteoh.com/wp-content/uploads/9-Cultivating-the-Bodhisattva-Way-3-March-2019.mp3>

Whiteboard : <https://i0.wp.com/broteoh.com/wp-content/uploads/9-Cultivating-the-Bodhisattva-Way-3-March-2019.jpg?ssl=1>

Brother Teoh's transcript book: Cultivating the Bodhisattva Way, pages 50-54

1. To establish and walk the **Bodhisattva way** requires **great sincerity, faith and diligence**. One **must be able to endure all conditions to succeed**.
2. **Renunciation** is a very important parami. Without **true renunciation**, one is unable to **endure and sever all suffering and affliction** because without **true renunciation** all our actions will condition attachment leading to suffering. Any form of clinging and grasping is a form of attachment and this means there is no **real renunciation**.
3. Even the Dhamma, no matter **how beautiful** must be **renounced** in the end as it is **just like a raft** that helps you to reach the other shore (liberation from the ocean of samsara). Any clinging to the Dhamma will not lead to cessation of the form and mind to realize nibbana (the enlightenment).
4. We need to **renounce** all our **views, opinions, traditions, belief systems, personal identification, titles, conditionings** etc. As long as **our mind holds on to something, cessation cannot happen**.
5. The third vow of the Bodhisattva is **to cultivate and perfect all wisdom**. Wisdom is **not knowledge** and is unending. The Samma SamBuddha has the ability to understand all conditions within any civilization.
6. An Arahant only ceases his mind. Whereas, the Buddha has perfected all wisdom. The Bodhisattva keeps coming back to the world to perfect their wisdom until they becomes a Samma SamBuddha.
7. The fourth vow is to perfect all the 10 Perfections leading to the realization of Buddhahood.
8. After the **seed of Bodhi** has been **planted with proper understanding**, one will not get lost even during a non-Sasana period. For Bodhisattva who has **not stabilized** their cultivation, they can still get lost during non-Sasana period. To overcome this, we need to follow **Bro Teoh's advice** to make **firm aspirations and affirmations** for certain important **right views** to be developed life after life, cultivate **affinity with all Great Beings** and seek their **blessing, protection and guidance** and finally **to invoke power of merits** to overcome all **karmic obstructions**, etc. via following Bro Teoh's recommended format as given by him to us in a card form. During this Sasana, we should not miss this window to make such affirmations.
9. Greed includes all our clinging, attachments, holding on to our views, opinions, conditionings, traditions, wanting things our way, desires, possessiveness, etc. It also include one's greed for merits and desire for enlightenment.
10. **Sister Tammy** shared a question by a yogi at a recent meditation retreat, **who sees no joy in life** since everything happening to her and her children are just **boring daily routine** of get up from sleep, brush teeth, has breakfast, go to work, doing our **daily chores** then sleep etc. This boring human routine is being practice from generation to generation and it does not give any meaning to life. However, Sister Tammy

always hear Bro Teoh says, 'life is beautiful and wonderful if we have the understanding'. So how do we reconcile such contradicting statements?

Brother Teoh's answer: The yogi said that because his/her **mundane mind** which is **still deluded** sees life with such limited horizon and pessimism. The mundane mind which is still deluded **cannot see** the **big picture** because it **lacks wisdom**. Such a **mundane mind** perceives the world **negatively**. These people have allowed their thoughts to make their minds **so petty** and **narrow** in its outlook of life. They are **not aware** that when conditions are like that, things will be like that and it cannot be otherwise because they do not learn the dhamma. We need to see this truth and accept things as they are then develop the right understanding to act and move forward. If we resist, go against or fight with nature via wanting things our way, we will always suffer. Hence **having the dhamma to understand** the **secret of life** to **enable us to live the good life** with **understanding** is very important. **Without** dhamma we will cling, attach, have wrong views and suffer. We are unable to identify the **real problem**. For instance, we blame the Internet for pornography and technology for all the new problems but the **real problem** is **not** the internet and technology, it is the **user of the Internet** and **technology**. If the **user is deluded** (without wisdom) then internet and technology will become evil. Likewise with the thought, if we must meditate and develop the wisdom to liberate the mind from suffering then the **user of thought is wise** and **thoughts becomes right, wholesome** and **wise thoughts**. There will be wisdom and virtue throughout. With such understanding (wisdom) **life becomes beautiful** and **meaningful**. So the user of thought is more important. That is the reason why as cultivator of the dhamma we **must strive on with heedfulness** to **realize the enlightenment** then only can we **understand life** and **get to live** the **noble life** of an **enlightened** one. The dhamma also can help living beings **transform themselves** for the **better** leading to **better life** and **improve well-being, happiness** and **joy**.

11. Brother Teoh went on to share **some interesting stories** and **examples** that **illustrate** the above and the **workings of karma**.
12. Sister Tammy asked **whether one right view can uproot heavy karma**. Brother Teoh explained that it is possible and the fruition of past karma depends on the availability of conditions for their arising. A good example is that of **Venerable Angulimala**. Despite having killed 999 human beings he was able to enter monkhood leading to his **ability to realize arahantship** before he died. After that there is no more rebirth hence no more condition for its killing's further karmic fruition. But Angulimala did pay back part of his karma that life before he died. Please do listen to the audio recording for more details of Bro Teoh's sharing.
13. The **past is already gone** so what is important is the **present moment** now. Therefore do not remorse or project your thoughts into the future - instead one should develop heedfulness to be ever mindful to cultivate. As long as we **do not arise** the negativity of mind, the **condition for those negative karma** to arise will **not manifest** unless it is one of the **5 very heavy karma**. If a problem arises and **we become angry, emotional** and **fearful (due to our wrong thoughts)** then it can arise the causes and conditions for **past** negative karmic fruition to be triggered or unfold. We **need to accept the reality of the moment** and **maintain calm**, then look at the **available options to resolve** the issues **amicably**. There is no point asking "what ifs...." Questions because these are not reality. We just need to make the **appropriate wise decisions** and **move on**.

(Above draft prepared by Sister Mun Yuen)