

Short Notes for 10 May 2020 Sunday class sharing by Sister Eng Bee

Audio : <https://broteoh.com/wp-content/uploads/Teoh-WPCS-200510-Unique-Dharma-Quotes-Part-7.mp3>

Note : <https://broteoh.com/wp-content/uploads/Teoh-WPCS-200510-Unique-Dharma-Quotes-Part-7-Recap-Notes-Clear-Comprehension.pdf>

YouTube : [Unique Dharma Quotes Part 7](https://youtu.be/P1-Q_j8jmHo) https://youtu.be/P1-Q_j8jmHo

1. Mind state of a true cultivator and the real meditation

The **mind states** of a **true cultivators** in daily life is always **inner peace** leading to **inner well-being** with **inner awareness** within. These mind states can be **stabilized** and **perfected** to cumulate into a **very stable daily mindfulness** with **clear comprehension** (Sati Sampajañña) within **to insight** into phenomena. The **real meditation** is **Daily Mindfulness** with clear comprehension.

2. Purposes of Formal meditation

The initial **purpose** of Formal Meditation is just to train the **mind to be in sati**, then **stabilize** it to make it **ever-mindful**. After that, **continue to relax** into **all mind states** that arise **to deepen** this **stability** of mindfulness **until** the **mind enters Sati**. This First Purpose of Formal Meditation to **train the mind until it enters Sati** is **most important** and **immediate** to help one progress in meditation.

3. Understanding the Self-Nature and the True-Mind

The **Second Purpose** of Formal Meditation is **to stabilize** this **Sati** (an awareness before the knowing) until one can **illuminate one's Self Nature (SN)**. That means seeing **Self-Nature** with **clarity** within. This SN then becomes **very clear** to you. One **can understand deeply** what that SN is or what that **True Mind (TM)** is all about. With this **clear and deep understanding within**, one **keeps on seeing** the Mundane Mind (MM) arising from this SN (or TM). And **how everything created** by the **Mundane mind (MM) ceases**, back to that SN/TM.

Without that SN, there is **no Mundane Mind**. **Without that SN**, there is **no perfection** of the Spiritual Faculties. The **Mundane Mind** that arises from this **Self-Nature** is for one to understand that, this **Mundane Mind** is **dependent originating, conditioned arising** and a **causal phenomenon**; hence **not a permanent unchanging entity**. That is why the **Mundane Mind** is **impermanent, not real, not you, not what you think**.

4. The higher cultivation

All of meditation is to see these clearly!!! To see these, one **has to stabilize** one's **mindfulness**. One **has to have the ability** to **illuminate** or **realize** one's **Self Nature** very **clearly** until it becomes so **stable**, so **clear** that **one understands** what that **Self-Nature** is. It is **so stable** and **clear** that *most of the time, one is with that awareness nature within*; always **one** with that **Self-Nature**, with that **True Mind**. Then only the **Real Penetrative Understanding** can arise, and the **higher meditation/cultivation** of the **Bodhisattva way** can be developed. [This second purpose is for those who wanted to understand more of the Self-Nature, True-Nature or True Mind to go the Bodhisattva way. To do that One needs to **stabilize one's wisdom** to go through the whole process so that the Real Cessation of Form and Mind, Nibbāna, can be realized!!! If it is for the **sainthood way**, a glimpse of it (or a momentary cessation) to realize it is relatively easy, but to realize the **more stable** cessation, Nibbāna, for a longer period **leading to deep understanding** of the SN is **not so easy**. One needs more wisdom, more clarity, stability of mindfulness and more wholesome conditions.

(Above short notes were prepared by Sister Eng Bee. Sadhu! X3)