

Summary and Key Points of Path to Nibbana Awakening via Cessation of Form and Mind

Summary

This document is a transcript of a Dhamma talk given by **Bro Teoh Kian Koon** on 16 November 2023, later edited into a booklet for free distribution. The teaching focuses on **awareness-based meditation** as the foundation for developing wisdom, understanding the nature of mind, and progressing toward Nibbana (enlightenment). It distinguishes between **thought-based meditation** (which leads to delusion) and **awareness-based meditation** (which leads to direct seeing and liberation).

Brother Teoh explains the **three turnings of the Four Noble Truths**, emphasizing the importance of listening (*sutamayaapaññā*), contemplation (*cintāmayapaññā*), and meditative cultivation (*bhāvanāmayapaññā*)'s wisdom. He connects this to the **3 phases of Dhamma** (Pariyatti, Patipatti & Pativedha), **Dhammapada verse 183** (avoid evil, do good, purify the mind), **21, 22, 23** and the **Noble 8-fold Path**.

His **central teaching** for **cultivating** the **Bodhisattva** or **Supreme vehicle way** is the **four circles formation model** representing stages of creation:

1. **The Source (S)** – original nature, unconditioned, oneness nature, Nibbana.
2. **Pure Awareness (PA)** – the silent, tranquil & still mind; the first emanation from the Source.
3. **Mundane Mind (MM)** – the thinking mind, five aggregates of Form and Mind (thought).
4. **Phenomenal World of Consciousness (PWC)** – the illusory world created by the senses and consciousness.

The talk explains how **self-delusion** leads to clinging, grasping, attachment, suffering, and karmic entanglement. Through **awareness-based meditation**, one can return

from the **PWC** to the **MM**, then to the **PA** nature, and ultimately realize the cessation of form & mind, experiencing Nibbana.

Brother Teoh also outlines the **five stages of Bodhi mind development** for those on the **Bodhisattva path**, contrasting it with the **sainthood path**. He shares personal experiences of his **own awakening** and **internal transformations** after **detecting** the “**gateway**” to his nature in 1989.

The document ends with a **Q&A session** and additional transcript notes on **Unique Dhamma Quote 100**, which discusses how wisdom arises from observing the **mind’s reactions** to **sense experiences** borne of **habitual tendencies** of likes and dislikes, pleasant and unpleasant, etc.

Key Points

1. Awareness-Based Meditation

- 4 supports: Focus on **Relax, Maintaining awareness, stabilizing it**, and eventually **Trust** it.
- Goal: To realize the **Pure Awareness (PA)** nature – the silent, tranquil and still mind which is beyond thought leading to **enlightenment** in the here and the now via the **direct seeing** to see things as they are and to **insight** into **phenomenon** to **realize** their **3 universal characteristics** of **Annica, Dukkha and Anatta**.

2. Thought-based meditation

- Focuses on **method, techniques** and **objects of meditation** involving **concentration** and **energy field** cultivation. Associated with psychic ability and usually leads to delusion.

3 The Three Turnings of the Four Noble Truths

- **First turning** wisdom developed via listening to the true Dhamma (*sutamayapaññā*).

- **Second turning** wisdom developed via contemplating, reflecting, inquiring (*cintāmayapaññā*) – e.g., the 1st Noble truths 8 realities of life and existence (birth, aging, sickness, death, separation, etc).
- **Third turning** wisdom developed via meditative cultivation (*bhāvanāmayapaññā*) – leading to the direct seeing through stabilized mindfulness.

4. Key Dhamma Frameworks

- **Dhammapada verse 183:** Avoid all evil, do good, purify the mind.
- **Dhammapada verse 21, 22 & 23:** Importance of Heedfulness
- **Four Right Efforts:** abandon arisen evil, prevent un arisen evil, cultivate un arisen goodness, refine arisen goodness.
- **Five Daily Contemplations:**
 1. Body is subject to aging for it has not gone beyond aging.
 2. Body is subject to sickness, disease & injury for it has not gone beyond them.
 3. Body is subject to death for it has not gone beyond death.
 4. All that is dear will separate. Reality of separation leading to suffering.
 5. We are born of our Karma, heir to our karma, condition and support by our karma and we are what we are because of our karma.

5. The Four Circles formation (Stages of Creation)

1. **Source**– original nature, unconditioned, Nibbana.
2. **Pure Awareness (PA)**– true mind, silent awareness, first emanation.
3. **Mundane Mind (MM)**– thinking mind, ego, five aggregates, self-delusion.
4. **Phenomenal World of Consciousness (PwC)**– illusory world created by senses and consciousness.

6. Self-Delusion (*Sakkāya Diṭṭhi*)

- Mistaking the five aggregates (form and mind) as a permanent unchanging “self.”
- Conditions greed, hatred, and delusion, leading to suffering and karmic bondage.
- Liberation comes from seeing through this delusion via awareness and direct insight.

7. The Role of Sati (Mindfulness)

- Sati is **pure awareness**, not thought.
- Essential for:
 - Keeping precepts and cultivating the 4 foundations of mindfulness.
 - Developing heedfulness.
 - Seeing the origination or cause of suffering to understand suffering.
 - Tracing sense contacts back to their causes to retrospectively reverse it.
 - Developing wisdom (*yoniso manasikāra*) at the moment of sense experience.

8. Sainthood vs. Bodhisattva Path

- **Sainthood path:** focuses on glimpsing of cessation of form and mind to realize Nibbana; stages: Sotapanna, Sakadagami, Anagami, Arahant.
- **Bodhisattva path:** involves stabilizing Pure Awareness, detecting the “gateway” to one’s nature, and progressing through the **five stages of Bodhi mind development**.

9. Five Stages of Bodhi Mind Development

1. **Aspiration** – to plant the seed of Bodhi; taking Bodhisattva vows with sincerity, faith and perseverance.
2. **Endurance** – renunciation (*nekkhamma*), subduing and severing afflictions.
3. **Illumination** – Pure Awareness illuminating the nature; after gateway detected; internal transformation.
4. **Renunciation of Samsara** – samsara no longer an issue; coming and going becomes beautiful.
5. **Consummation** – completion of perfections, leading to Buddhahood.

10. Gateway to Nature and Internal Transformation

- Detected through **trusting the Pure Awareness** at the heart area.
- Leads to melting of yin-yang energies, internal movements, and eventual **collapse of the mundane mind**.
- After collapse, the **Pure Nature shines forth**, and one can see the creation process clearly.

11. Practical Wisdom via Daily Life cultivation

- Life itself is the greatest teacher.
- **Nothing happens by chance** – everything arises due to causes and conditions.
- With **mindfulness stabilized** and **firmly established**, one can develop wisdom and good progress very fast, see signs, avoid karmic accidents, and learn from everyday events.
- **Heedfulness** (*appamāda*) is the path to the deathless (Dhammapada verse 21) The heedful never die. Heedlessness is the path to the dead, the heedless are as if dead.