SUTTA DISCOVERY 62

THE LIVING WORD OF THE BUDDHA

The Buddha's Teachings in the Oldest Texts

Sutta Discovery Vol 62b

Theme: Conflict resolution, mental and social

©TAN Beng Sin (Piya Tan) 2025b

For conventions (textual and technical) and bibliography, see **SD Guide**.

Page

- **1** 62.9 **(Bojjhanga) Kāya Sutta (S 46.2):** Causes of the mental hindrances and of the awakening factors.
- **9** 62.10a **(Chakka) Rāga Sutta (A 6.107).** The 3 unwholesome conducts and their uprooting. **3.1.4.2 Vijaya Sutta (Sn 1.11).** How to remove desire for the body.
- **59** 62.10b **(Chakka) Duccarita Sutta (A 6.108).** The 3 unwholesome conducts and the 3 wholesome conducts.
- 67 62.10c (Chakka) Vitakka Sutta (A 6.109). Vitakka as thought, intention & minding.
- 92 62.10d (Chakka) Saññā Sutta (A 6.110). Saññā and its many roles.
- 125 62.10e (Chakka) Dhātu Sutta (A 6.111). Dhātu as "something" or mind-objects.
- 133 62.10f (Chakka) Assāda Sutta (A 6.112). How we can be fully free from suffering.
- 148 62.10g (Chakka) Arati Sutta (A 6.113). Bad lifestyle and good lifestyle.
- **154** 62.10h **(Chakka) Santuṭṭhita Sutta (A 6.114).** Hindrances to the training and their remedies.
- **162** 62.10i **(Chakka) Dovacassatā Sutta (A 6.115).** Hindrances to wholesome learning and their remedies.
- **183** 62.10j **(Chakka) Uddhacca Sutta (A 6.116).** A calm and clear wholesome mind sees true reality.

Conflicts are resolved by the singular mind

Sutta translations & study website: http://dharmafarer.org

Online Sutta Class

Global Sutta Community Telegram: t.me/suttasangha

ISBN 978-981-94-3760-3 (paperback) ISBN 978-981-94-3761-0 (PDF) ©2025b TAN Beng Sin

All rights reserved Printed in Singapore

THE MINDING CENTRE, based in Singapore, is part of Piya Tan's Dharma ministry. It was founded in 2006 to provide non-religious Dharma-based services to those in need of counsel and solace. It also serves as a haven and hub for those seeking Dharma by way of critical thinking, creative feeling, meditation, sutta translation and study, spiritual experience, and sharing that light and joy. The Centre also supports and promotes Piya Tan in his full-time Buddhist and related work.

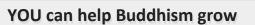
Courses: http://themindingcentre.org

THE SUTTA DISCOVERY SERIES is part of the Living Word of the Buddha project which aspires to present and encourage an exploration of early Buddhism, both in a Dharma-inspired and academic manner for personal development as well as outreach work on a local and global scale. The Minding Centre and the Living Word of the Buddha project are motivated and guided by a quest for the historical Buddha and a vision of mere Buddhism.

Suttas: http://dharmafarer.org

THE MERE BUDDHIST VISION. We aspire to learn, teach and practise mere Buddha Dharma, or "non-religious Buddhism," that is, Buddhism as simple as possible, as the teaching of the historical Buddha, so that it is open to all who seek true stillness and liberating wisdom. We aspire to compassionately and joyfully proclaim the possibility, necessity and urgency of gaining spiritual liberation in this life itself—at least as streamwinners, with or without dhyana—in keeping with the spirit of the Okkanta Samyutta (S 25). *Mere Buddhism is easy: live it and be free.*

Piya Tan (TAN Beng Sin), 1949-Title: Sutta Discovery 62b: Conflict resolution, mental and social Series: The living word of the Buddha (2002-) First published 2025; publisher: the author ISBN 978-981-94-3760-3 (paperback) ISBN 978-981-94-3761-0 (PDF)



Your pledge & support bring Dharma to others:

- ☑ Print Dharma and related books, and Internet Dharma
- ☑ Support our sutta translation: http://dharmafarer.org
- ☑ Sponsor our full-time Dharma work and global ministry

WE GIVE

for the sake of a beautiful mind, as a support for the mind (in inner peace). (Aṭṭha Dāna Sutta, A 8.31/4:236)

KEEPING BUDDHISM CENTRED

Sutta translations: http://dharmafarer.org

As people today become more aware of Buddhism, many seek the simple original teachings of the Buddha. For over two decades now, Piya Tan has been inspired by this ideal of "mere Buddhism." In this connection, he has set up the Minding Centre and Pali House.

The Minding Centre

A still centre in life's storms

Suttas and commentaries: http://dharmafarer.org Classes and enquiry:

themindingcentre@gmail.com; Telegram Group: t.me/suttasangha.

hp +65 8211 0879 (Telegram & WhatsApp)

Address all mails to: "Pali House," Blk 248, Jurong East St 24, #08-50, Singapore 600248

Pali House

On Vesak Day, 12 th May, 2006, Pali House was born, fulfilling Piya's long-time dream for living space that spacious, quiet and conducive for his Dharma work.
 □ Pali House has <u>one of the most complete sets of early Buddhist scriptures</u> (texts and translations). □ <u>The translating of the early Buddhist texts</u> in the Sutta Discovery series is done at Pali House.
Pali House is possible through the generosity of the Ruddhist community and various individuals like

Pali House is possible through the generosity of the Buddhist community and various individuals like yourself who have generously and regularly contributed to Piya Tan's work. He is doing full-time lay Dharma work without any salary. As such, your continued support will greatly help our Dharma work.

Ho	w you can help
□ S	upport for Piya Tan's full time Buddhist work (especially the Sutta Translation & related projects).
□ F	elp with the Dharmafarer website (http://dharmafarer.org) through your expertise and time.
	ntroduce people to The Minding Centre and advertise our activities to your friends, etc.
	onate to cost of computer peripherals and printing, especially laser printer toner and A4 copy paper.
□ S	ponsor purchases of <u>Buddhist scriptures</u> , <u>books and materials</u> (for the Sutta Translation library).
	ontribute to the Sutta publication fund (for printing costs of study notes and SD books, etc).
	ncourage relatives and friends to offer dana together for merit of happy togetherness.
_ A	fter making such offerings or acts of merit, make this Dharmafarer aspiration :

May this merit bring my mind peace and wisdom. May I enter the path of streamwinning in this life itself.

To pledge or donate, please make your cheque payable to "The Minding Centre" & mail to:

"Pali House," Blk 248, Jurong East St 24, #08-50, Singapore 600248.

The Living Word of the Buddha • Living the Word of the Buddha

SUTTA DISCOVERY Directly seeing the Buddha's Teachings

THE MINDING CENTRE

hp: +65 8211 0879; email: themindingcentre@gmail.com
Websites: http://dharmafarer.org; http://themindingcentre.org
Global Sutta Community Telegram: t.me/suttasangha (for online sutta class)

Piya Tan's Facebook: https://www.facebook.com/piyatan

The Minding Centre Facebook: https://www.facebook.com/groups/themindingcentre

The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teachings. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you **learn and master the Pali Canon:** to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. Although a very basic knowledge of Buddhism (the 5 Precepts, etc) is helpful, no knowledge of these languages is required for this course. This class is suitable for beginner and mid-range level.

The Sutta Discovery (SD) series started with **the NUS Buddhist Society** weekly Sutta Study Group (SSG) classes (February 2002 onwards), and **the Buddhist Fellowship** SD series (February 2003 onwards). The SD works are now freely available worldwide on http://dharmafarer.org. There is an on-going global team of volunteer **Sutta readers** who regularly study the suttas and essays, and proof-read them.

• PIYA TAN, a former Theravada monk for 20 years, works full-time on the Suttas with new commentaries, and teaches them. As a full-time lay Dharma teacher, he specializes in <u>early Buddhism</u>. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced **Buddhist Studies in Singapore Secondary Schools** in the 1980s, and then, invited as a visiting scholar to the University of California at Berkeley, USA. He has written many ground-breaking and educational books on Buddhism (such as *Total Buddhist Work*) and social surveys (such as *Buddhist Currents* and *Charisma in Buddhism*).

As a full-time Dharma teacher, he runs Sutta and related classes like the basic Pali course series, the Sutta Study Group (NUSBS), Dharma courses (the Singapore Buddhist Federation), Sutta Discovery classes (Buddhist Fellowship and elsewhere), and Sutta-based (including meditation) courses (The Minding Centre), besides his own full-time Pali translation and research project, the Pali House, and doing a comparative study of the Pali Nikāyas and the Chinese Āgamas. As a Theravāda monk, he learned insight meditation from Mahasi Sayadaw himself in the 1980s, and forest meditation from various forest monks. He has run numerous meditation courses and retreats for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and also to BP, JPMorgan, the Defence Science Organization, GMO, HP and SIA. He writes weekly reflections and gives daily online teachings on Facebook. All this for the love of Dharma and of Ratna and posterity.

GLOBAL DHAMMA SERIES (GDC) VIA ZOOM MEETING

Register at Telegram Group: Global Sutta Community (GSC) t.me/suttasangha

BOOKS BY PIYA TAN

<u>Sutta Discovery Series</u> (plus Piya's current works, with Pāli fonts & PDF versions)

☐ Dharma thumb drive 2003-2022 by donation (please contact us)

Trilinear Translations

(Pāli / Word-for-word translation / Modern English) with notes

□ Mahā Satipaṭṭhāna Sutta (D 22) (around 77 pages)
 □ Ānāpānasati Sutta (M 118) (around 40 pages)
 \$10.00

Buddha & Buddhism

☐ The Buddha and His Disciples	\$15.00
☐ History of Buddhism	\$15.00
☐ Teaching Method of the Buddha	\$10.00
☐ Background to Buddhism (Introd. to Buddha & Teachings)	\$10.00
☐ Introduction to Pali Chanting	\$10.00

Buddhist psychology notes

☐ Meditation for Beginners	\$10.00					
☐ Buddhist psychology (Diploma in Buddhist Counselling P102)						
2-volume set: (1) Early Buddhist Sutras; (2) Readings (on Buddhism and psychology)	\$25.00					
☐ Psychology of Meditation	\$15.00					
☐ Basic Buddhist counselling	\$10.00					

Audio CDs of Piya's talks (the monk years) [MP3; \$10.00 per CD unless otherwise stated]

The Diamond Sutra (\$30) • Psychological Types • The word of the Buddha • What happens when a person is born • What happens when a person dies • Buddhism and the nature of the universe • Buddhism and the God-idea • Preaching Techniques of the Buddha (\$15) • Actions of the Buddha & Noble Silence (CDA format) (\$15).

ORDERS

To order, please contact:

Ratna Lim (dharmafarer@gmail.com) or the Minding Centre (+65 8211 0879: ask for Ratna Lim)

COPYRIGHT & SHAREWARE NOTICE

This book is Dharmaware (Dharma shareware) & a Right Livelihood project of Tan Beng Sin (Piya).

He is a full-time lay Dharma teacher working on this project without any salary.

You may make digital and hard copies of single chapters (suttas or articles) of this work for study provided no charge is made and no alteration whatsoever is made to its contents.

You may not make commercial copies of this work. If you wish to make any personal copies, please remit US\$10.00 for each volume or US\$1.00 per article/piece to the author to support his Dharma work and as an act of merit.

If you wish to make free-distribution copies, please contact the author.

Dharma Drive Early Buddhist Texts

The Sutta Discovery series by Piya Tan, beginning in 2002 and still going on.

For illustration only; products may vary.



For <u>Dharma stewards</u> (supporters):

The Dharma Drive (thumb drive 16 GB) contains +60 SD vols, sutta teachings (MP3 talks, videos), reflections & books by Piya Tan.

Make this a gift to a monastic or someone who needs it

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. If you can read this message, you are ready to study the Sutta translations. No deep knowledge of Buddhism is needed. [For <u>20 reasons for the SD series</u>, see http://www.themindingcentre.org/dharmafarer/sutta-discovery/printing-the-suttas]

Sutta Discovery (quarterly; ring-bound A4 vols): \$\$15.00 each (unless otherwise stated) or donation.

☐ SD Guide (key & index volume) FREE			□ SD 35	2011d) Wisdom 2	
☐ SD 1ab (2003, 2010) Dhammacakka Sutta & the		Dhammacakka Sutta & the	☐ SD 36ab	(2011e/2012a) Buddhism & mythology (2	
		Buddha's early teachings	□ SD 37	2012b) Right Livelih	ood 1
□ SD 2	(2003, 2010)	Wealth & Lovingkindness	□ SD 38	2012c) Love & comp	passion
☐ SD 3ab	(Sep 2003)	Refuge-going	□ SD 39	2012d) Karma 3	
□ SD 4	(Jan 2004)	Karma 1	☐ SD 40a1+	(2013ab) Levels of lea	rning (2-vol set)
□ SD 5	(Apr 2004)	Dependent arising	□ SD 40b	Oct 2008) Chinese Bud	dhism \$20
□ SD 6	(Jul 2004)	Wisdom 1	□ SD 41	2013d) Samatha & v	ripassana
□ SD 7	(Jan 2005)	The world and universe	☐ SD 42	2014a) Impermaner	nce & diligence
□ SD 8	(Apr 2005)	Lay sainthood	□ SD 43	2014b) Healing	
□ SD 9	(Nov 2004)	Mahā Parinibbāna Sutta	□ SD 44	2014c) Solitude & si	lence
□ SD 10	(Apr 2006)	The limbs of awakening	□ SD 45	2014d) Faith & givin	g
☐ SD 10b	(2016)	The noble eightfold path	□ SD 46	2015a) Teaching & I	earning
☐ SD 11	(Jan 2006)	Emptiness	□ SD 47	2015b) Precept & pr	actice
☐ SD 12	(Apr 2006)	Brahmā (the High God)	□ SD 48	2015c) Death & min	dfulness
□ SD 13	(Jul 2005)	Satipaţţhāna Suttas	☐ SD 49abc	2015d/2016ab) Life of th	e Buddha 1 (3-vol-set)
□ SD 14	(Oct 2006)	Self-identity view	☐ SD 50ab	2017ab) Awakening 8	& nirvana (2-vol set)
☐ SD 15	(Jul 2006)	Mental cultivation	□ SD 51ab	2017cd) Effort and er	nergy (2-vol-set)
□ SD 16	(Jul 2007)	Impermanence 1	☐ SD 52.1	2018a) Miraculous I	ife of Gotama Buddha
□ SD 17ab	(Jan 2007)	Five Aggregates (2-vol set) \$30	□ SD 52b	2018b) Parables 2	
□ SD 18	(Oct 2007)	Karma 2	□ SD 53	2018c) Truth & reali	ity
☐ SD 19	(Jan 2008)	The meditation sign	□ SD 54	2018d) Devas 1	
□ SD 20	(Jul 2008)	Revulsion	☐ SD 55ab	:019d/2020a) Happiness a	and progress
☐ SD 21	(Oct 2008)	Views	☐ SD 56ab	2020bc) The gradua	l way/Various faculties
☐ SD 22	(Apr 2008)	Giving & generosity	☐ SD 57ab	2020d/2021a) Rebirth and	d cosmology
☐ SD 23	(May 2008)	Death & Rebirth	□ SD 58	2021b) Listening ar	nd speaking
☐ SD 24	(Dec 2008)	Samadhi	□ SD 59a&l	(2021c&d) Moral virtu	e 1 (2-vol-set)
☐ SD 25	(Nov 2006)	Brahmajāla Sutta	SD 60.1a	-1f HANDBOOK MEDITAT	ION IN SOCIETY (HMS):
☐ SD 26	(Apr 2009)	Non-self	□ SD 60.1al	HMS 1+2 Character types	; types of meditation
☐ SD 27	(Jul 2009)	Psychic powers	☐ SD 60.1c	HMS 3 Rhetoric of Bude	dhist experience
□ SD 28	(Oct 2009)	Parables 1	☐ SD 60.1d	HMS 4 Evolutionary psy	chology of mindfulness
□ SD 29	(2010a)	Elements	☐ SD 60.1e	HMS 5 Delusion and ex	perience
□ SD 30	(2010b)	Skillful means	☐ SD 60.1f	HMS 6 A psychopatholo	gy of mindfulness
☐ SD 31	(2010c)	Latent tendencies	☐ SD 60.2	2024a) Mindfulness in p	ractice
□ SD 32	(2011a)	Mental hindrances	□ SD 61a/b	2024b) Māra (essay) / M	āra in our daily life
□ SD 33	(2011b)	Dhyana	☐ SD 61c	2024d) The various form	ns of Māra
□ SD 34	(2011c)	Spiritual friendship	☐ SD 62abc	2025abc) Conflict resolut	ion: mental and social

The Minding Centre, Blk 248, Jurong East St 24, #08-50, Singapore 600248. email: themindingcentre@gmail.com; hp +65 8211 0879; Telegram: @RatnaTMC