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

SUTTA DISCOVERY
Directly seeing the Buddha’s Teachings

Every Tuesday @ 7.30-9.00 pm
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ALL ARE WELCOME
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The most direct way to learn Buddhism is to read and live the Pali suttas which contains 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. In short, we will get a taste of the timeless truth that has liberated countless beings from suffering.

This new series will also help you learn how to use the Pali Canon: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies will be made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. Although a very basic knowledge of Buddhism (Five 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 (with its own website) in February 2002, and the Buddhist Fellowship SD series started in February 2003. Since then both classes have gone on with only a few breaks. This is a small record for an ongoing activity, especially Sutta study.

Piya Tan, who works on these Suttas and notes, and teaches them, was a former Theravada monk of 20 years. Today he is a full time lay Dharma teacher specializing in early Buddhism. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced Buddhist Studies in Singapore Secondary Schools in the 1980s.

After that, he was 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).

He is a full-time Dharma teacher who runs regular Buddhist, Sutta and Pali 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 (Brahm Education Centre), besides running his own full-time Pali translation and research project, the Pali Centre, and doing a comparative study of the Pali Nikāyas and the Chinese Āgamas.

As a Theravāda monk, he learned the insight method from Mahasi Sayadaw himself in the 1980s. As a lay teacher, he learned the forest method from the Ajahn Brahmavamso himself. He has run numerous meditation courses and retreats for students and adults (incl non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA. He has taught at BP, JP Morgan, the Defence Science Organization, GMO, HP and SIA. He is doing all this for the love of Dharma and of Ratna and their 2 children.

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KEEPING BUDDHISM CENTRED
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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. In this connection, he has set up the Minding Centre (Bukit Batok) and Pali House (Jurong East).

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On Vesak Day, 12th May, 2006, Pali House was born, fulfilling Piya’s long-time dream for premises spacious, quiet and conducive for his Dharma work.
- Pali House has one of the most complete set of early Buddhist scripture (texts and translations).
- The translating of the early Buddhist scripture in the Sutta Discovery series is done at Pali House.

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 Dharma work (that is, without any salary). As such, your continued support will help his Dharma work tremendously.

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Please support PALI HOUSE (where this translation work is done).
**OPENING PUJA**

**Vandanā (Salutation)**

Namo tassa bhagavato arahato sammāsambuddhassa (x3)

**Saraṇa,gamana (Going for Refuge)**

Buddhami saraṇaṁ gacchāmi  
Dhammaṁ saraṇaṁ gacchāmi  
Saṅghaṁ saraṇaṁ gacchāmi

Dutiyaṁ pi Buddhamaṁ saraṇaṁ gacchāmi  
Dutiyaṁ pi Dhammaṁ saraṇaṁ gacchāmi  
Dutiyaṁ pi Saṅghamaṁ saraṇaṁ gacchāmi

Tatiyaṁ pi Buddhamaṁ saraṇaṁ gacchāmi  
Tatiyaṁ pi Dhammaṁ saraṇaṁ gacchāmi  
Tatiyaṁ pi Saṅghaṁ saraṇaṁ gacchāmi

**Pañca,sīla (The Five Precepts)**

1. Pāṇātipāta veramaṇī sikkhā, padaṁ samādiyāmi.
2. Adinn’ādāna veramaṇī sikkhā, padaṁ samādiyāmi.
5. Surā, meraya, majja, pāmāda-ṭhāna veramaṇī sikkhā, padaṁ samādiyāmi.

**Salutation**

Homage to him the Blessed One, the Arhat [worthy one], the fully self-awakened Buddha.

**Going for Refuge**

To the Buddha for refuge I go.  
To the Dharma [the True Teaching] for refuge I go.  
To the Sangha [the Holy Community] for refuge I go.

For the second time, to the Buddha for refuge I go.  
For the second time, to the Dharma for refuge I go.  
For the second time, to the Sangha for refuge I go.

For the third time, to the Buddha for refuge I go.  
For the third time, to the Dharma for refuge I go.  
For the third time, to the Sangha for refuge I go.

**The Five Precepts**

1. I undertake the training-rule to refrain from harming life [and to practise compassion.]  
2. I undertake the training-rule to refrain from taking the not-given [and to practise generosity.]  
3. I undertake the training-rule to refrain from sexual misconduct [and to practise restraint and contentment].  
4. I undertake the training-rule to refrain from falsehood [and to practise truthfulness].  
5. I undertake the training-rule to refrain from strong drinks, distilled drinks, fermented drinks and that which causes heedlessness [and to practise mindfulness].

Translated by Piya Tan (2004) rev 050418
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