KEEPING BUDDHISM CENTRED

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.

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The Minding Centre

_A still centre in life’s storms_

Shenton House, 3 Shenton Way, #03-06 B, Singapore 068805.
Email: themindingcentre@gmail.com; hp +65 8211 0879.
Courses: _http://themindingcentre.org_

**Every Wednesday** (7.00-9.00 pm): Meditation & Sutta Study.

**Courses:** Beginners’ Meditation; Intermediate Meditation; Buddhist Psychology; Psychology of Meditation; Basic Practical Buddhist Counselling; Psychology of Meditation; Psychology of Death and Living, Pali Workshop, etc.

**Personal sessions:** Meditation coaching; Meditation therapy; Counselling (problems related to work, sleep, stress, anxiety, etc).

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

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Pali House

On Vesak Day, 12th May, 2006, Pali House was born, fulfilling Piya’s long-time dream for living space that is 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 lay Dharma work without any salary. As such, your continued support will greatly help our Dharma work.

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**How you can help**

- Support for Piya Tan’s full time Buddhist work (especially the Sutta Translation & related projects).
- Sponsor the Minding Centre monthly rental ($2200) & maintenance cost, etc.
- Help with the Dharmafarer website (_http://dharmafarer.org_) through your expertise and time.
- Introduce people to the the Minding Centre and advertise our activities to your friends, etc.
- Donate to cost of computer peripherals and printing, especially laser printer toner and A4 copy paper.
- Sponsor purchases of Buddhist scriptures, books and materials (for the Sutta Translation library).
- Contribute to the _Sutta publication fund_ (for printing costs of study notes and SD books, etc).
- Encourage relatives and friends to offer dāna together for merit of happy togetherness.
- After 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.*

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

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For more information on our _CLASSES and ACTIVITIES_, please email us at _dharmafarer@gmail.com_.

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Sutta translations: _http://dharmafarer.org_
The Living Word of the Buddha • Living the Word of the Buddha

SUTTA DISCOVERY
Directly seeing the Buddha’s Teachings

Every Wednesday @ 7.20-9.00 pm
Venue: The Minding Centre
Shenton House, 3 Shenton Way, #03-06 B, Singapore 068805.
hp: 65 8211 0879; email: themindingcentre@gmail.com
Websites: http://dharmafarer.org; http://themindingcentre.org

Every 2nd Sunday & 4th Sunday @ 11.00 am-12.30 pm
Venue: Poh Ming Tse
438 Dunearn Road, Singapore 289614. tel: 6466 0785. Website: http://www.pmt.org.sg
For class info: themindingcentre@gmail.com; hp: 8211 0879.

Every 3rd Sunday @ 1.15-2.45 pm
Venue: Singapore Buddhist Mission
9 Ruby Lane, Singapore 328284. tel: 6299 7216.
Website: http://www.singaporebuddhistmission.net/

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 in February 2002, and the Buddhist Fellowship SD series started in February 2003. The SD materials are now freely available worldwide on dharmafarer.org. There is an on-going global team of volunteer Sutta readers who regularly study the suttas and essays, and proof-read them at the same time.

Piya Tan, who works on these Suttas and notes, and teaches them, was a former Theravada monk for 20 years. Today he is a full time lay Dharma teacher specializing in early Buddhism. He was consultant and regular l escorter 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).

As a full-time Dharma teacher, he runs 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 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. As a lay teacher, he learned forest meditation from the Ajahn Brahmavamso. 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 is doing all this for the love of Dharma and of Ratna and their two children.
Dharma Drive
The Living Word of the Buddha
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The Sutta Discovery series by Piya Tan, beginning in 2002 and still going on.

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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 teaching. 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. If you can read this message, you are ready to study the Sutta translations. No deep knowledge of Buddhism is needed. [For 20 reasons for the SD series, see The Dharmafarers website]

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➢ has taught at the Univ of California @ Berkeley, Defence Science Organization, GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
➢ mentor and meditation instructor to various executives and individuals
➢ referrals from doctors, social workers, etc
➢ now translating and teaching early Indian texts on meditation and psychology.
Wiki Piya: http://en.wikipedia.org/wiki/Piya_Tan

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