Love & compassion

The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts

Translations, essays and notes by Piya Tan ©2012

Volume 38

2012

Love & compassion

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Love is the wisdom and action as if others are our mirrors

Suttas: http://dharmafarer.org; Courses: http://themindingcentre.org;

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

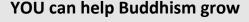
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THE SUTTA DISCOVERY SERIES is part of the Living Word of the Buddha project which aspires to encourage and facilitate Buddhist Studies, both in a Dharma-inspired and academic manner for personal development as well as outreach work on a local and global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

Suttas: http://dharmafarer.org

THE MERE BUDDHIST VISION. We aspire to learn, teach and practise mere Dharma, or "non-religious Buddhism," that is, Buddhism as simple as possible, as the Buddha Dharma, 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 a streamwinner, with or without dhyana—in keeping with the Okkanti Samyutta (S 25). *Mere Buddhism is easy: live it and be free*

Piya Tan (TAN Beng Sin), 1949-Title: Sutta Discovery vol 38. Theme: Love & compassion Series: The living word of the Buddha (2002-) First published 2012; publisher: the author ISBN 978-981-07-3178-6



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- ☑ Pay for the TMC monthly rental and maintenance (yearly budget \$45,000)
- **☑** Support full-time Dharma work

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)

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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 (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 in February 2002, and **the Buddhist Fellowship** SD series started in February 2003. These classes are still running today. 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 for 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). 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 Savadaw himself in the 1980s. As a lay teacher, he learned forest meditation from the Ajahn Brahmayamso. 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.

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

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relationship, sleep, stress, anxiety, etc).

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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 <u>full-time lay Dharma work</u> without any salary. As such, your continued support will greatly help our Dharma work.

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| - | |
|---|--|
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- Have we lived before, will we live again?
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- Have we lived before, will we live again?
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- Focuses on emotional resilience; discuss well-known case studies.
- Based on 2500 years of practical wisdom (incl meditation therapy).



Non-religious Beginners'



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- √ Improve sleep quality
- ✓ Increase attention span
- ✓ Get well faster
- ✓ Be happy & age healthily
- ✓ Emotional resilience

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- Small class size (maximum 15)
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- A mental tool best learned early in life
- Affordable fees

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- Meditation keeps the mind <u>healthily</u> active as we age (neuroplasticity)

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- 2. Why & how to meditate
- 3. Overcoming mental hindrances
- 4. Focussing the mind
- 5. Dealing with negative habits
- 6. Overcoming drowsiness
- 7. Self-healing
- 8. Emotional resilience
- 9. Sleeping well

COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 63 years old; a monk for 20 years
- has taught meditation for over 30 years
- 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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