The 11 qualities and the harvests of faith.

The fruit of giving visible in this life.

The 5 benefits of giving.

The false person and the true individual.

Killing what benefits us?

The good person and the false person on a worldly level.

Story of the matted-hair ascetic Keṇiya and the brahmin Sela.

Monastics are allowed certain beverages outside the proper time.

True conversion is personal transformation and spiritual awakening.

Citta the householder as a non-returner & the naked ascetic Kassapa as an arhat.

8 qualities of a layman non-returner.

How early monastics were admitted.

3 kinds of foremost faith.

3 kinds of foremost faith.

8 wonderful qualities of the Dharma-Vinaya.

True giving is rooted in joy and flowers in appreciating others.
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.

Courses: http://themindingcentre.org

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 45. Theme: Faith and giving
Series: The living word of the Buddha (2002- )
First published 2014; publisher: the author

YOU can help Buddhism grow
Your pledge & support bring Dharma to others:

☑ Print Dharma and related books, and Internet Dharma
☑ Support TMC in its monthly rental and maintenance
  (yearly budget $45,000)
☑ Pledges for 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

170, Upper Bukit Timah Road, #11-04, Bukit Timah Shopping Centre, Singapore 588179.
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

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.

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.

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.

For more information on our CLASSES and ACTIVITIES, please email us at dharmafarer@gmail.com.
SUTTA DISCOVERY
Directly seeing the Buddha’s Teachings

Every Wednesday @ 7.20-9.00 pm
Venue: The Minding Centre
170, Upper Bukit Timah Road, #11-04, Bukit Timah Shopping Centre, Singapore 588179.
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 (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 Theravâda 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
The Buddha’s Teachings
in the Earliest Texts
The Sutta Discovery series by Piya Tan,
beginning in 2002 and still going on.

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

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 (Âgama) 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]

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

- Epilegomena (key & index volume) FREE
- SD 3 (Sep 2003) Refuge-going
- SD 4 (Jan 2004) Karma 1
- SD 5 (Apr 2004) Dependent arising
- SD 6 (Jul 2004) Wisdom 1
- SD 7 (Jan 2005) The world and universe
- SD 8 (Apr 2005) Lay saṁthi
- SD 9 (Nov 2004) Mahâ Parinibbâna Sutta
- SD 10 (Apr 2006) The limbs of awakening
- SD 11 (Jan 2006) Emptiness
- SD 12 (Apr 2006) Brahmâ (the High God)
- SD 13 (Jul 2005) Satipâṭṭhāna Suttas
- SD 14 (Oct 2006) Self-identity view
- SD 15 (Jul 2006) Mental cultivation
- SD 16 (Jul 2007) Impermanence 1
- SD 17ab (Jan 2007) Aggregates (2-vol set) $30
- SD 18 (Oct 2007) Karma 2
- SD 19 (Jan 2008) The meditation sign
- SD 20 (Jul 2008) Revulsion
- SD 21 (Oct 2008) Views
- SD 22 (Apr 2008) Giving & generosity
- SD 23 (May 2008) Death & Rebirth
- SD 24 (Dec 2008) Samadhi
- SD 25 (Nov 2006) Brahmajâla Sutta
- SD 26 (Apr 2009) Non-self
- SD 27 (Jul 2009) Psychic powers
- SD 28 (Oct 2009) Parables 1
- SD 29 (2010a) Elements
- SD 30 (2010b) Skillful means
- SD 31 (2010c) Latent tendencies
- SD 32 (2011a) Mental hindrances
- SD 33 (2011b) Dhyana
- SD 34 (2011c) Spiritual friendship
- SD 35 (2011d) Wisdom 2
- SD 36ab (2011e/2012a) Buddhism & mythology (2-vol set)
- SD 37 (2012b) Right Livelihood 1
- SD 38 (2012c) Love & compassion
- SD 39 (2012d) Karma 3
- SD 40a1+2 (2013ab) Levels of learning (2-vol set)
- SD 40b (Oct 2008) Chinese Buddhism $20
- SD 41 (2013c) Samatha & vipassana
- SD 42 (2013d) Impermanence & diligence
- SD 43 (2014a) Healing
- SD 44 (2014b) Solitude & silence
- SD 45 (2014c) Faith & giving
- SD 46 (2014d) Teaching & learning

Please order from

The Minding Centre, 170 Upper Bukit Timah Road,
#11-04 Bukit Timah Shopping Centre, Singapore 588179.
email: themindingcentre@gmail.com ; hp +65 8211 0879
Suttas: http://dharmafarer.org ; courses: http://themindingcentre.org
For those interested in true lasting happiness, meaning & purpose of life, rebirth

- The last 48 hours of life.
- What happens when we die?
- Can we communicate with the dead?
- Dealing with fear and mental pain.
- How to help the dead? Merit transfer?
- The 12 links of life, death, and rebirth.
- How not to fear death and dying
- The four tasks of grief.
- Gods, demons and ghosts: do they exist?
- Have we lived before, will we live again?
- Is rebirth immediate or takes 49 days?
- Have we lived before, will we live again?
- The Tibetan Book of the Dead.
- The Last Breath: last moments of a death row inmate

Buddhist counselling: self-counselling and how to listen & respond to others when they have problems. How to be your own therapist.

- Focuses on self-help; no need to tell problems to others.
- No medication or expensive therapy; goes to the root of the problem.
- Focuses on emotional resilience; discuss well-known case studies.
- Based on 2500 years of practical wisdom (incl meditation therapy).
- How Acceptance & Commitment Therapy (ACT) uses Buddhist Psychology

For other course & more information:  http://themindingcentre.org
To register, call +65 8211 0879 (Ratna Lim), or  themindingcentre@gmail.com
Non-religious

Beginners' Meditation

Celebrating Intake 100 this year!

✔ De-stress & deep rest
✔ Improve sleep quality
✔ Increase attention span
✔ Get well faster; self-help
✔ Emotional resilience
✔ Healthy growing & aging

Beginners’ Meditation Course

- Monthly intake
- Small class size (maximum 15)
- Easy guided sessions with Q & A
- A mental tool best learned early in life
- Affordable fees & replacement classes

Please call/text Ratna 📞 8211 0879 or email themindingcentre@gmail.com now to register.

Helps you understand:
1. The nature of the mind
2. Why & how to meditate
3. Overcoming mental hindrances
4. Focussing the mind
5. Dealing with negative habits
6. Overcoming drowsiness
7. Self-healing, self-counselling
8. Emotional resilience
9. Sleeping well

Interesting meditation facts:

- Based on living Buddhist meditation tradition over 2500 years old (non-religious)
- Meditation is safe & effective if you learn from a qualified & experienced instructor
- Meditation is a mainstream practice in Australia, the USA & the West
- Meditation heals the mind and body
- Helps increase attention span & creativity
- Meditation keeps the mind healthily active as we age (neuroplasticity): life-long skill
- Growing application in psychotherapy

COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 65 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

The Minding Centre

170 Upper Bukit Timah Road, #11-04 Bukit Timah Shopping Centre, Singapore 588179. ☎️ +65 8211 0879
✉️ themindingcentre@gmail.com; ☑️ http://themindingcentre.org