### Volume 42

**Impermanence & diligence**

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Impermanence in our lives means that every moment of effort counts

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Piya Tan (TAN Beng Sin), 1949-
Title: Sutta Discovery 42. Theme: Impermanence & diligence
Series: The living word of the Buddha (2002- )
First published 2013; publisher: the author

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Piya is a full-time Dharma teacher who is also and doing a full-time annotated translation of the Pali Suttas for those who wish to study and practise Dharma-based meditation as taught by the Buddha. As a Theravāda monk, he learned insight meditation from Mahasi Sayadaw himself in the 1980s. As a lay teacher, he learned forest meditation from 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 various schools, institution and corporation. He is doing all this for the love of Dharma and of Ratna and their two children.
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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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