SUTTAdiscovery43

The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts

Translations, essays & notes by Piya Tan ©2014

Volume 43

Healing

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Healing starts with self-acceptance and grows with unconditional love

Suttas: http://dharmafarer.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.

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Piya Tan (TAN Beng Sin), 1949-Title: Sutta Discovery 43. Theme: Healing Series: The living word of the Buddha (2002-First published 2013; publisher: the author

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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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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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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.

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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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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 ran for some 10 years.

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 <u>early Buddhism</u>. 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*).

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 <u>insight meditation</u> from **Mahasi Sayadaw** himself in the 1980s. As a lay teacher, he learned <u>forest meditation</u> from **Ajahn Brahmavamso**. He has run numerous **meditation courses and retreats** for students and adults (including non-Buddhists) since early 1980. 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. His vision is that Buddhism promoting local fellowship with a global network.

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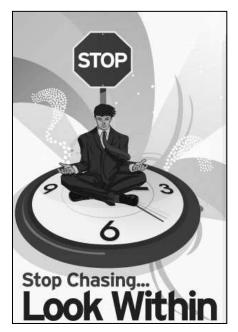
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COURSE INSTRUCTOR: PIYA TAN

- 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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