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(Majjhima) Jīvika Sutta (M 55). Demerit of killing & meat-eating.


Salhā Sutta (A 3.66). On the possibility of overcoming greed, hate and delusion.

(Arahatta) Nanda Sutta (U 22). Nanda overcomes sense-desire.

(Gaha,pati) Potaliya Sutta (M 54). The true meaning of renouncing the world.

Kassaka Sutta (S 41.9). Māra as our senses.

Paṭilīna Sutta (A 4.38). The qualities of a true dhyana meditator.

Gilāna Sutta 1 (S 46.14). Mahā Kassapa’s illness is overcome through reflecting on the awakening-factors.

Gilāna Sutta 2 (S 46.15). Moggallāna’s illness is overcome through reflecting on the awakening-factors.

Gilāna Sutta 3 (S 46.16). The Buddha’s illness is overcome through reflecting on the awakening-factors.

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Healing starts with self-acceptance and grows with unconditional love

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

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 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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<table>
<thead>
<tr>
<th></th>
<th>SD 1</th>
<th>SD 2</th>
<th>SD 3</th>
<th>SD 4</th>
<th>SD 5</th>
<th>SD 6</th>
<th>SD 7</th>
<th>SD 8</th>
<th>SD 9</th>
<th>SD 10</th>
<th>SD 11</th>
<th>SD 12</th>
<th>SD 13</th>
<th>SD 14</th>
<th>SD 15</th>
<th>SD 16</th>
<th>SD 17a</th>
<th>SD 18</th>
<th>SD 19</th>
<th>SD 20</th>
<th>SD 21</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dhammacakka Sutta</td>
<td>Wealth &amp; Mettā</td>
<td>Refuge-going</td>
<td>Karma 1</td>
<td>Dependent arising</td>
<td>Wisdom 1</td>
<td>The world and universe</td>
<td>Lay sainthood</td>
<td>Mahā Parinibbāna Sutta</td>
<td>The limbs of awakening</td>
<td>Emptiness</td>
<td>Brahmā (the High God)</td>
<td>Satipaṭṭhāna Suttas</td>
<td>Self-identity view</td>
<td>Mental cultivation</td>
<td>Impermanence 1</td>
<td>Aggregates (2-vol set)</td>
<td>Karma 2</td>
<td>The meditation sign</td>
<td>Views</td>
<td></td>
</tr>
<tr>
<td></td>
<td>S$35</td>
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<td>SD 22</td>
<td>SD 23</td>
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<td>SD 25</td>
<td>SD 26</td>
<td>SD 27</td>
<td>SD 28</td>
<td>SD 29</td>
<td>SD 30</td>
<td>SD 31</td>
<td>SD 32</td>
<td>SD 33</td>
<td>SD 34</td>
<td>SD 35</td>
<td>SD 36ab</td>
<td>SD 37</td>
<td>SD 38</td>
<td>SD 39</td>
<td>SD 40a1+2</td>
<td>SD 40b</td>
<td>SD 41</td>
</tr>
</tbody>
</table>

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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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