

The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts
Translations, essays & notes by Piya Tan ©2017

Volume 50b

Awakening and nirvana (part 2)

- 1 50.15 (Ānanda) Saṅkhitta Sutta (S 35.86). To Ānanda on awakening.
- 10 50.16 No Ce'daṃ Sutta (S 14.33). The purpose of the spiritual life.
- 20 50.17 Sa,saṅkhāra Paṭipāda Sutta (A 4.169). The 4 ways of attaining nirvana.
- 27 50.18 (Kamma) Ariya,magga Sutta (A 4.235). The 4 kinds of karma in terms of result.
- 33 50.19 (Catukka) Saṃyojana Sutta (A 4.131). The 4 kinds of saints (rebirth and existence).
- 41 50.20 Dhaniya Sutta (Sn 1.2). Worldly joy verses spiritual joy.
- 63 50.21 Ahimsaka Sutta (S 7.5). Non-violent in word and in deed.
- 66 50.22 The Jaṭṭa Suttas (S 1.23; S 7.6; Vism 1.1-1.8). Cutting the inner tangle.
- 75 50.23 Suddhika (Bhāra,dvaja) Sutta (S 7.7). Spiritual purity is the highest.
- 78 50.24 Bahu,dhītara Sutta (S 7.10). Having nothing is true happiness.
- 83 50.25 (Navaka) Sandiṭṭhika Suttā (A 9.46+47). The state that is directly experienced.
- 98 50.26 (Navaka) Nibbana Sutta (A 9.48). The progress to nirvana.
- 103 50.27 (Navaka) Parinibbāna Sutta (A 9.49). The progress to nirvana.
- 109 50.28 (Navaka) Tadanga Nibbana Sutta (A 9.50). The progress to nirvana.
- 115 50.29 (Navaka) Ditthadhamma Nibbana Sutta (A 9.51). Nirvana in this very life itself.
- 120 50.30 (Navaka) Kāya,sakkhī Sutta (A 9.43). The one who gains the formless attainments.
- 126 50.31 (Navaka) Paññā,vimutta Sutta (A 9.44). The one liberated by insight wisdom.
- 132 50.32 (Navaka) Ubhato.bhāga,vimutta Sutta (A 9.45). The one liberated in body and mind.
- 138 50.33 (Kamma) Bojjhanga Sutta (A 4.236). Karma and the awakening-factors.
- 142 50.34 Nava,kammika Sutta (S 7.17). The Buddha's work is done.
- 145 50.35 Mahā,sāla Sutta (S 7.14). A father's love, and gratitude.
- 156 50.36 Māna-t,thaddha Sutta (S 7.15). Respect to those whom respect is due.
- 160 50.37 Paccanīka Sutta (S 7.16). Being open to others.
- 163 50.38 Kaṭṭha,hāra Sutta (S 7.18). The Buddha resorts to the forest awakened and joyful.
- 167 50.39 Māt'uposaka Sutta (S 7.19). Filial piety and alms-receiving.
- 170 50.40 Bhikkhaka Sutta (S 7.20). True purpose of living on alms (renunciation).
- 176 50.41 (Udaka Suddhika) Saṅgāra Sutta (S 7.21). Purification through virtue, not ritual.
- 184 50.42 Khoma,dussa Sutta (S 7.22). Goodness in high places.
- 186 50b Bibliography

If life is a dream, when sleep ends, then naturally comes awakening

Suttas: <http://dharmafarer.org> • Courses: <http://themindingcentre.org>

ISBN 978-981-11-3903-1

©2017 TAN Beng Sin
All rights reserved
Printed in Singapore

THE MINDING CENTRE, based in Singapore, is part of Piya Tan’s Dharma ministry. It was founded in 2006 to provide non-religious Dharma-based services to those in need of counsel and solace. It also serves as a haven and hub for those seeking Dharma by way of critical thinking, creative feeling, meditation, sutta translation and study, spiritual experience, and sharing that light and joy. 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 present and encourage an exploration of early Buddhism, 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 a quest for the historical Buddha and a 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 of the historical Buddha, 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 streamwinners, with or without dhyana—in keeping with the spirit of the Okkanti Samyutta (S 25). ***Mere Buddhism is easy: live it and be free***

Piya Tan (TAN Beng Sin), 1949-

Title: Sutta Discovery 50b. Theme: Awakening & nirvana 2 (part 2 of 2)

Series: The living word of the Buddha (2002-)

First published 2017; 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

Shenton House, 3 Shenton Way, #03-06 B, Singapore 068805.

Email: themindingcentre@gmail.com; hp +65 8211 0879.

Courses: <http://themindingcentre.org>

Every Wednesday (7.00 - 8.00 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 @ 7.00 pm - 8.00 pm

Venue: The Minding Centre

Shenton House, 3 Shenton Way, #03-06 B, Singapore 068805

hp: +65 8211 0879; email: themindingcentre@gmail.com

Websites: <http://dharmafarer.org>; <http://themindingcentre.org>

FACEBOOK: <https://www.facebook.com/piyatan>

Every 2nd Sunday & 4th Sunday @ 10.45 am-12.30 pm

Venue: Poh Ming Tse

(Location: <http://www.pmt.org.sg/about/contact-us.asp>)

438 Dunearn Road, Singapore 289614

For class info: themindingcentre@gmail.com; hp: 8211 0879.

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 (the 5 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 (February 2002 onwards), and **the Buddhist Fellowship** SD series (February 2003 onwards). The SD works are now freely available worldwide on <http://dharmafarer.org>. There is an on-going global team of volunteer **Sutta readers** who regularly study the suttas and essays, and proof-read them.

□ **PIYA TAN**, a former **Theravada monk** for 20 years, works full-time on the Suttas with new commentaries, and teaches them. As a full time lay Dharma teacher, he specializes 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, and then, 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 Sutta and related 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 (The Minding 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 Sayadaw** himself in the 1980s, and forest meditation from various forest monks. 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 writes weekly reflections and gives daily online teachings on Facebook. All this for the love of Dharma and of Ratna and their two sons.

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.



For Dharma stewards (supporters):

The 4-GB Dharma Drive contains +50 SD vols, sutta teachings (MP3 talks, videos), reflections & books by Piya Tan.

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 (Āgama) 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](http://thefarmfarers.com)]

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

<input type="checkbox"/> Epilegomena (key & index volume) FREE	<input type="checkbox"/> SD 26 (Apr 2009)	Non-self
<input type="checkbox"/> SD 1 (2003, 2010) Dhammacakka Sutta	<input type="checkbox"/> SD 27 (Jul 2009)	Psychic powers
<input type="checkbox"/> SD 2 (2003, 2010) Wealth & Mettā	<input type="checkbox"/> SD 28 (Oct 2009)	Parables 1
<input type="checkbox"/> SD 3 (Sep 2003) Refuge-going	<input type="checkbox"/> SD 29 (2010a)	Elements
<input type="checkbox"/> SD 4 (Jan 2004) Karma 1	<input type="checkbox"/> SD 30 (2010b)	Skillful means
<input type="checkbox"/> SD 5 (Apr 2004) Dependent arising	<input type="checkbox"/> SD 31 (2010c)	Latent tendencies
<input type="checkbox"/> SD 6 (Jul 2004) Wisdom 1	<input type="checkbox"/> SD 32 (2011a)	Mental hindrances
<input type="checkbox"/> SD 7 (Jan 2005) The world and universe	<input type="checkbox"/> SD 33 (2011b)	Dhyana
<input type="checkbox"/> SD 8 (Apr 2005) Lay sainthood	<input type="checkbox"/> SD 34 (2011c)	Spiritual friendship
<input type="checkbox"/> SD 9 (Nov 2004) Mahā Parinibbāna Sutta	<input type="checkbox"/> SD 35 (2011d)	Wisdom 2
<input type="checkbox"/> SD 10 (Apr 2006) The limbs of awakening	<input type="checkbox"/> SD 36ab (2011e/2012a)	Buddhism & mythology (2-vol set)
<input type="checkbox"/> SD 11 (Jan 2006) Emptiness	<input type="checkbox"/> SD 37 (2012b)	Right Livelihood 1
<input type="checkbox"/> SD 12 (Apr 2006) Brahmā (the High God)	<input type="checkbox"/> SD 38 (2012c)	Love & compassion
<input type="checkbox"/> SD 13 (Jul 2005) Satipaṭṭhāna Suttas	<input type="checkbox"/> SD 39 (2012d)	Karma 3
<input type="checkbox"/> SD 14 (Oct 2006) Self-identity view	<input type="checkbox"/> SD 40a1+2 (2013ab)	Levels of learning (2-vol set)
<input type="checkbox"/> SD 15 (Jul 2006) Mental cultivation	<input type="checkbox"/> SD 40b (Oct 2008)	Chinese Buddhism \$20
<input type="checkbox"/> SD 16 (Jul 2007) Impermanence 1	<input type="checkbox"/> SD 41 (2013c)	Samatha & vipassana
<input type="checkbox"/> SD 17ab (Jan 2007) Aggregates (2-vol set) \$30	<input type="checkbox"/> SD 42 (2013d)	Impermanence & diligence
<input type="checkbox"/> SD 18 (Oct 2007) Karma 2	<input type="checkbox"/> SD 43 (2014a)	Healing
<input type="checkbox"/> SD 19 (Jan 2008) The meditation sign	<input type="checkbox"/> SD 44 (2014b)	Solitude & silence
<input type="checkbox"/> SD 20 (Jul 2008) Revulsion	<input type="checkbox"/> SD 45 (2014c)	Faith & giving
<input type="checkbox"/> SD 21 (Oct 2008) Views	<input type="checkbox"/> SD 46 (2014d)	Teaching & learning
<input type="checkbox"/> SD 22 (Apr 2008) Giving & generosity	<input type="checkbox"/> SD 47 (2015a)	Precept & practice
<input type="checkbox"/> SD 23 (May 2008) Death & Rebirth	<input type="checkbox"/> SD 48 (2015b)	Death & mindfulness
<input type="checkbox"/> SD 24 (Dec 2008) Samadhi	<input type="checkbox"/> SD 49abc (2015c/2016abc)	Life of the Buddha 1
<input type="checkbox"/> SD 25 (Nov 2006) Brahmajāla Sutta	<input type="checkbox"/> SD 50ab (2017ab)	Awakening & nirvana 1+2 (2-vol set)

Please order from

The Minding Centre

"Pali House," Blk 248, Jurong East St 24, #08-50, Singapore 600248.

email: themindingcentre@gmail.com ; hp +65 8211 0879

Suttas: <http://dharmafarer.org> ; courses: <http://themindingcentre.org>

Mindfulness Meditation

Non-religious

for Beginners

Instructor: Piya Tan



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

Call Ratna *now* at **8211 0879** to register.

Mindfulness Meditation

For Beginners [non-religious]

Class limited to 10 people, please register early.
Course Fee: \$120 / intake

Monthly intake: 2 hours x 3 sessions

Please browse: The Minding Centre website for monthly intake.

You will learn about:

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

Interesting meditation facts:

- Based on living Buddhist meditation tradition over 2500 years old
- Meditation is safe & effective if you learn from a qualified & experienced instructor
- Meditation is a mainstream practice in Australia, the USA & the West
- Meditation can heal the mind and body
- Meditation helps increase attention span & productivity
- Meditation keeps the mind healthily active as we age (neuroplasticity)

COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 68 years old; was 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 @ Shenton House: 3 Shenton Way, #03-06 B,
Singapore 068805. hp +65 8211 0879; Email: themindingcentre@gmail.com

Please browse: <http://themindingcentre.org> for details and other courses.