# 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)**

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

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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- )
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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 Āgamās. 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.
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➢ has taught meditation for over 30 years
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➢ 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.
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