# Teaching & learning

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# The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts Translations, essays & notes by Piya Tan ©2015, ©2018

# Volume 46

# **Teaching & Learning**

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for monastics.

Suttas: <a href="http://dharmafarer.org">http://dharmafarer.org</a> Courses: http://themindingcentre.org ISBN 978-981-0x-xxxx-x

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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 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.

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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.

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**THE MERE BUDDHIST VISION.** We aspire to learn, teach and practise mere Buddha Dharma, or "non-religious Buddhism," that is, Buddhism as simple as possible, as the teaching 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 Okkanta Saṁyutta (S 25). *Mere Buddhism is easy: live it and be free.* 

Piya Tan (TAN Beng Sin), 1949-Title: Sutta Discovery 52b. Theme: Parables 2 Series: The living word of the Buddha (2002-First published 2018; publisher: the author

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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.

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A still centre in life's storms

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

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### **Pali House**

On Vesak Day, 12 <sup>th</sup> May, 2006, Pali House was born, fulfilling Piya's long-time dream for livi	ng 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 <u>full-time lay Dharma work</u> without any salary. As such, your continued support will greatly help our Dharma work.

# How you can help

П	now you can neip								
	Support for Piya Tan's full time Buddhist work (especially the Sutta Translation & related projects).								
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	May this merit bring my mind peace and wisdom.								
	May I enter the path of streamwinning in this life itself.								

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# The Living Word of the Buddha • Living the Word of the Buddha

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### Every Wednesday @ 7.00 pm - 8.00 pm

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

438 Dunearn Road, Singapore 289614

For class info: <a href="mailto:themindingcentre@gmail.com">themindingcentre@gmail.com</a>; 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 <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, 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,
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For <u>Dharma stewards</u> (supporters): The Dharma Card (8GB Micro SD Card) contains +60 SD vols, sutta teachings (MP3 talks, videos), reflections & books by Piya Tan.

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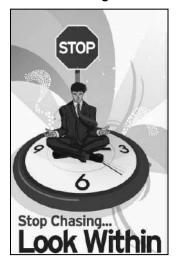
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Satipatthana Vipassana

**Instructor: Piya Tan** 

# Mindfulness Meditation

Non-religious



for Beginners

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

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For Beginners [non-religious]

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

Monthly intake: 2 hours x 3 sessions
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# Interesting meditation facts:

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

# 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

# **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: <a href="http://en.wikipedia.org/wiki/Piya\_Tan">http://en.wikipedia.org/wiki/Piya\_Tan</a>

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