To go for refuge is to aspire to grow spiritually.

Suttas: http://dharmafarer.org;
Courses: http://themindingcentre.org

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.

Courses: [http://themindingcentre.org](http://themindingcentre.org)

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.

Suttas: [http://dharmafarer.org](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, 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 a streamwinner, with or without dhyana—in keeping with the Okkanti Samyutta (S 25). *Mere Buddhism is easy: live it and be free*

Piya Tan (TAN Beng Sin), 1949-
Title: Sutta Discovery vol 3. Theme: Refuge-going


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)