

# The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts  
Translations, essays & notes by Piya Tan ©2020a

## Sutta Discovery

### Volume 55b

#### *Happiness and progress*

- 1 55.10a A 7.19 **Sāraṇ,dada Sutta** | The Discourse at Sārandada.  
The 7 conditions for social progress.
- 23 55.10b A 7.20 **(Aparihāniya) Vassa,kāra Sutta** | Vassa,kāra Discourse on (Non-decline). Conditions for the invincibility of the Vajjīs.
- 30 55.10c S 20.8 **Kaliṅgara Sutta** | Discourse on the Woodblock.  
Simplicity and diligence are the bases of inner progress.
- 33 55.11 A 7.21 **(Aparihāniya) Dhamma Sutta 1** | First Discourse on the Conditions (for Non-decline). The 7 conditions for the spiritual growth of the monastic renunciant sangha.
- 59 55.12a A 5.30 **(Pañcaka) Nāgita Sutta** | (Fives) Discourse to Nāgita.  
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3 good habits that bring happiness now & lead us to the path.
- 130 55.15 A 6.11 **(Chakka) Sārāṇīya Dhamma Sutta 1** | First (Sixes) Discourse on the Conditions for Conciliation. Conditions that conduce to the spiritual life of renunciation.
- 148 55.16 A 6.12 **(Chakka) Sārāṇīya Dhamma Sutta 2** | Second (Sixes) Discourse on the Conditions for Conciliation. Conditions that conduce to spiritual life of renunciants.
- 152 55.17 A 5.200 **(Pañcaka) Nissaraṇīya Sutta**. (Fives) Discourse on What Conduces to Escape. The 5 elements of spiritual freedom.
- 178 55.18 A 6.13 **(Chakka) Nissaraṇīya Sutta** | (Sixes) Discourse on What Conduces to Escape. The 6 elements of spiritual freedom.
- 185 55.19 A 9.37 **(Navaka) Ānanda Sutta** | (Nines) Discourse by Ānanda.  
Dhyana is where one is percipient but knows only itself.

For conventions, abbreviations, and bibliography:

<http://www.themindingcentre.org/dharmafarer/sutta-discovery/guides>

*The good that we are will be the good after us*

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Piya Tan (TAN Beng Sin), 1949-  
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(Aṭṭha Dāna Sutta, A 8.31/4:236)*

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□ **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 posterity.

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