

THE LIVING WORD OF THE BUDDHA

The Buddha's Teachings in the Oldest Texts

Translations, essays and notes by Piya Tan ©2004, 2nd rev 2009, 3rd 2012

Volume 4

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Freedom of mind, freedom by wisdom, and freedom both ways

Note: A sutta whose title is prefixed with an asterisk (*) means that it is only an excerpt.

Karma means that we can radically change ourselves and the world.

Sutta translations & study website: <http://dharmafarer.org>

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ISBN 978-981-07-2694-2

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Printed in Singapore

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Piya Tan (TAN Beng Sin), 1949-
Title: Sutta Discovery vol 4. Theme: Karma 1
Series: The living word of the Buddha (2002-)
First published 2004, 2nd rev 2009, 3rd rev 2012: publisher: the author
ISBN 978-981-07-2694-2

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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)*

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Piya Tan, who works on these Suttas and notes, and teaches them, was a former **Theravada monk** for 20 years. Today he is a full time lay Dharma teacher specializing 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. After that, he was 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 Buddhist, Sutta and Pali 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 (Brahm Education 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. As a lay teacher, he learned forest meditation from the **Ajahn Brahmavamso**. 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 is doing all this for the love of Dharma and of Ratna and their two children.

KEEPING BUDDHISM CENTRED

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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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