The most direct way to learn Buddhism is to read and live the Pali suttas which contains 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 how to use the Pali Canon: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies will be made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. Although a very basic knowledge of Buddhism (Five 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 in February 2002, and the Buddhist Fellowship SD series started in February 2003. These classes are still running today. This is a small record for an ongoing activity, especially Sutta study.

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

Sutta translations: [http://dharmafarer.org](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.

**The Minding Centre**
*A still centre in life’s storms*

170, Upper Bukit Timah Road, #11-04, Bukit Timah Shopping Centre, Singapore 588179.

Email: themindingcentre@gmail.com; hp +65 8211 0879.

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

Every Wednesday (7.20-9.00 pm): Meditation & Sutta Study.

Courses: Beginners’ Meditation; Intermediate Meditation; Buddhist Psychology; Psychology of Meditation; Basic Practical Buddhist Counselling; Psychology of Meditation; Psychology of Death and Living, etc.

Personal sessions: Meditation coaching; Meditation therapy; Counselling (problems related to work, relationship, sleep, stress, anxiety, etc).

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**Pali House**

On Vesak Day, 12th May, 2006, Pali House was born, fulfilling Piya’s long-time dream for living 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 full-time lay Dharma work without any salary. As such, your continued support will greatly help our Dharma work.

**How you can help**

- Support for Piya Tan’s full time Buddhist work (especially the Sutta Translation & related projects).
- Sponsor the Minding Centre monthly rental ($2200) & maintenance cost, etc.
- Help with the Dharmafarer website ([http://dharmafarer.org](http://dharmafarer.org)) through your expertise and time.
- Introduce people to the Minding Centre and advertise our activities to your friends, etc.
- Donate to cost of computer peripherals and printing, especially laser printer toner and A4 copy paper.
- Sponsor purchases of Buddhist scriptures, books and materials (for the Sutta Translation library).
- Contribute to the *Sutta publication fund* (for printing costs of study notes and SD books, etc).
- Encourage relatives and friends to offer dāna together for merit of happy togetherness.
- After making such offerings or acts of merit, make this Dharmafarer aspiration:

  *May this merit bring my mind beauty, peace and wisdom.*
  *May I enter the path of streamwinning in this life itself.*

**To pledge or donate**, please make your cheque payable to “The Minding Centre” & mail it to:

“Pali House,” Blk 248, Jurong East St 24, #08-50, Singapore 600248.

To join our classes and activities, please email us at dharmafarer@gmail.com.
Books & Talks by Piya Tan

[The budget way to have the whole set of Piya’s current works is to buy the Sutta Discovery CD (SDCD) version and print what you need.]

Sutta Discovery (quarterly; ring-bound A4 vols): $15.00 each (unless otherwise stated) or donation.

- SD 3 (Sep 2003) Refuge-going
- SD 4 (Jan 2004) Karma 1
- SD 5 (Apr 2004) Dependent arising
- SD 6 (Jul 2004) Wisdom 1
- SD 7 (Jan 2005) The world and universe
- SD 8 (Apr 2005) Lay sainthood
- SD 9 (Nov 2004) Mahā Parinibbāna Sutta
- SD 10 (Apr 2006) The limbs of awakening
- SD 11 (Jan 2006) Emptiness
- SD 12 (Apr 2006) Brahmā (the High God)
- SD 13 (Jul 2005) Satipaṭṭhāna Suttas
- SD 14 (Oct 2006) Self-identity view
- SD 15 (Jul 2006) Mental cultivation
- SD 16 (Jul 2007) Impermanence
- SD 17ab (Jan 2007) Aggregates (2-vol set)
- SD 18 (Oct 2007) Karma 2
- SD 19 (Jan 2008) The meditation sign
- SD 20 (Jul 2008) Revulsion
- SD 21 (Oct 2008) Views

Sutta Discovery CD version (with Pāli fonts & PDF versions)

- Sutta Discovery CD (vols 1-36, 40b) 2003-2011 $80.00 (plus Piya’s current works)

Trilingual Translations
(Pāli / Word-for-word translation / Modern English) with notes

- Mahā Satipaṭṭhāna Sutta (D 22) (around 80 pages) $10.00
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- The Buddha and His Disciples $20.00
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- Meditation for Beginners $10.00
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- Psychology of Meditation $15.00
- Basic Buddhist counselling $10.00

Audio CDs of Piya’s talks (the monk years) [MP3; $10.00 per CD unless otherwise stated]
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TO ORDER, please contact Ratna Lim (themindingcentre@gmail.com; hp +65 8211 0879)
Sutta website: http://dharmafarer.org
For Wiki Piya: http://en.wikipedia.org/wiki/Piya_Tan

Please support PALI HOUSE (where this translation work is done).
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COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 62 years old; a monk for 20 years
- has taught meditation for over 30 years
- has taught at the Univ of California @ Berkeley, Defence Science Organization, GIMO, 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.


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