

# BASIC BUDDHISM COURSE

FOR A PRACTICAL UNDERSTANDING AND APPLICATION TO DAILY LIFE

Dharma teachings by Piya Tan

**Why did Buddhism arise in India?**

**How different is Buddhism from the systems of the time?**

**What are the basic teachings and trainings of the Buddha?**

**Dates:** 5, 12, 19, 26 Jan 2012 (Thu) @ 7.30 – 9.00 pm

**Venue:** The Minding Centre, 170 Upper Bukit Timah Road,  
#11-04, Bukit Timah Shopping Centre, Singapore 588 179.

**Charges:** by donation (TMC needs & welcome your support]

**TO REGISTER**, please complete the registration form and email to [themindingcentre@gmail.com](mailto:themindingcentre@gmail.com); or contact hp **8211 0879** (Ratna).

## Course description:

- 1.1 How did Buddhism arise?** Social background of early Buddhism. The reform movements versus established brahminism. How the Buddha changed religion in ancient India.
- 1.2 Being good, without being religious.** Nature and significance of doubt. How do we know things? Do we need religion? What is goodness?
- 1.3 The three jewels.** The Buddha teaches us that godliness and goodness are within us. His method is self-healing and mental health. His goal: a community of healthy individuals. Health makes wealth meaningful.
- 1.4 The three trainings.** We may be born human, but we need to become human, and we need to be socialized. The first training is on “how to get along with others”: a healthy environment for personal development (that is mental culture). Both work to liberate us as true individuals.

**Study notes provided.**

**Websites:** <http://dharmafarer.org> & <http://themindingcentre.org>

*The*  
**Minding Centre**

170 Upper Bukit Timah Road

#11-04 Bukit Timah Shopping Centre, Singapore 588179

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Email: [themindingcentre@gmail.com](mailto:themindingcentre@gmail.com)

Website: <http://themindingcentre.org>

**COURSE:** \_\_\_\_\_

**Date/s:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Full Name

[Mr/Mrs/Mdm/Ms/Dr]\* \_\_\_\_\_

Date of birth: \_\_\_\_\_ Sex:\* M / F  
[day] [month] [year]

Occupation: \_\_\_\_\_ Religion: \_\_\_\_\_

Email: \_\_\_\_\_ Phone/s: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ (Postcode:) \_\_\_\_\_

\*\*Course fee/Donation:  By cash  By cheque  
[Please make cheques payable to “The Minding Centre”]

Amount: \_\_\_\_\_ Bank name: \_\_\_\_\_ Cheque No. \_\_\_\_\_

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