

# MEDITATION

## And Overcoming Negative Emotions

**BRAHM**  
Education Centre



### Course Instructor:

Piya Tan is a full-time lay teacher specializing in early Buddhism, and has run numerous mediation courses and retreats for tertiary students and adults since 1980s. In 1992 he taught mediation course at the University of California at Berkeley, USA. Currently, he is doing an on-going translation project of the Pali Sutta in the "Sutta Discovery" series. He is married with two young sons.

The Buddha taught a wide range of meditation methods suitable for different personalities and the nature of the person's difficulties. This hands-on theory and practice course at intermediate-level meditation will comprise two parts:

- 1) A reflective study of the meditation method as found in the Pali Suttas
- 2) A guided practice of the meditation method (including feedback)

### Course Content

**Why Meditate?** The nature of mental hindrances; unblocking one's emotions.

**Living in the Present.** Directing one's energies to focus on what is real and now.

**Mindful Breathing.** Watching the breath for mental focus, calmness and clarity.

**Overcoming Lust.** Dealing with negative attitudes of desiring and emptiness.

**Overcoming Hate and Managing Anger.** The nature of wholesome love.

**There's Nothing to Fear But Fear Itself.** Dealing with fear and worry through mastering one's thoughts.

**Overcoming Drowsiness.** How to keep the mind fresh and attentive.

**In Your Elements.** Cultivating positive emotions, emotional defence and impartiality.

### Saturday Class:

Date: Commencing 21 August 2004  
(Aug 21,28; Sept 4,11,18,25; Oct 2,9)  
Time: 3.00p.m. - 4.30p.m.  
Course Fee: S\$80.00 (8 sessions)  
Venue: Buddhist Fellowship  
No. 9 Lorong 29 Geylang, #04-02

### Friday Class:

Date: Commencing 10 September 2004  
(Sept 10,17,24; Oct 1,8,15,22,29)  
Time: 7.30pm - 9.00pm  
Course Fee: S\$80.00 (8 sessions)  
Venue: Buddhist Fellowship  
No. 9 Lorong 29 Geylang, #04-02

### REGISTRATION FORM

#### Course Title: Meditation and Overcoming Negative Emotions

Please indicate the session you want to register:

Saturday Class (21 August 04)

Friday Class (10 September 04)

Dr./Mr/Mrs/Ms: \_\_\_\_\_ BF Membership No. \_\_\_\_\_

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

Tel: \_\_\_\_\_ H/P: \_\_\_\_\_ E-mail: \_\_\_\_\_

I hereby enclose cash/cheque \* for S\$ \_\_\_\_\_ (Cheque No. \_\_\_\_\_ Bank \_\_\_\_\_)

Please make cheque payable to "Brahm Education Centre Ltd" and mail to No. 9 Lorong 29 Geylang, #04-02 S(388065)

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