

Practical Buddhist Counselling

Non-religious
for beginners

Be your own counsellor and client
Help yourself; help others help themselves

Instructor: Piya Tan



The Buddhist counseling **vision**: *You are your best counsellor and client!*

This is based on the vital truth: we have a healing “heart of light and love” *inside* us. We are all essentially good, but problems from *outside* cloud our natural goodness. Self-listening leads to self-knowledge and self-therapy that empower us to help and heal others, to counsel and communicate with our loved ones, family, work-place, and group. This hands-on course also uses modern counselling exercises.

Early Buddhism is a counselling therapy based on a deep understanding of the human mind.

Why Buddhist counselling

- Positive self-help & effective listening
- No need to tell problems to others
- No medication or expensive therapy
- Understanding the *root* of the problem
- Emotional resilience
- Well known case studies from the Buddhist texts
- Based on 2500 years of practical mental healing wisdom

PRACTICAL BUDDHIST COUNSELLING

Intake 13: 8, 15, 22, 29 Jun 2013

Time: 7.00 - 9.00 pm (Sat)

Fees: \$140 with coursebook

To register, call Ratna Lim 8211 0879
or email: themindingcentre@gmail.com

Personal Meditation Coaching

By appointment only.

Please call Ratna Lim **8211 0879**
or email: themindingcentre@gmail.com.

“Who should attend?”

Parents, spouses, partners, friends, teachers, supervisors, managers, friends, caregivers, counselors, & anyone interested in personal development & helping others.

Course Instructor: Piya Tan

Piya Tan, meditation therapist, was a Theravada monk for 20 years, and a pioneer in Buddhist counselling. He has been teaching meditation since the 1980s, and has taught at the University of California @ Berkeley, the Defence Science Organization, SIA, HP, Hitachi, HP, NTU, NUS, etc. He is personal meditation mentor to various individuals and has healed many people. Currently, he is translating and teaching early Indian texts on meditation and psychology. He is doing this for Ratna and their two young children.

Wiki Piya: http://en.wikipedia.org/wiki/Piya_Tan

The Minding Centre

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

☎ **8211 0879** ✉ themindingcentre@gmail.com 🌐 <http://themindingcentre.org>