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

- Focuses on positive self-help
- No need to tell problems to others
- No medication or expensive therapy
- Goes down to the *root* of the problem
- Focuses on emotional resilience
- A history of well known case studies
- Based on 2500 years of practical wisdom

Who should attend? Parents, spouses, partners, friends, teachers, supervisors, managers, friends, care-givers, counselors, & anyone interested in personal development and helping others.

Intake 5: 5, 12, 19, 26 Sep (2009)
Time: 7.00 - 9.00 pm (Sat)
Fees: $140 with coursebook
To register, call Ratna Lim **8211 0879**
or email: themindingcentre@gmail.com

BEGINNERS' MEDITATION COURSE

Instructor: Piya Tan
Course fee: $90.00 / intake

Intake 40 : Jul 2, 9, 16 (Thu; 7.30 - 9.30 pm)
Intake 41: Aug 13, 20 27 (Thu; 7.30 - 9.30 pm)
Intake 42: Sep 10, 17, 24 (Thu; 7.30 - 9.30 pm)

Please call Ratna *now* **(8211 0879)** to register, or email: *themindingcentre@gmail.com*.

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

FOR STUDENTS @ TMC or house call (please call for rates & appointment):

Personal counselling, meditation therapy, or preventive training:
• Stress • Sleep problem • Exam anxiety • Attention span • Depression
• Fear • BGR • Family & sex problems • Emotional resilience

PERSONAL SESSIONS FOR ADULTS @ TMC or house call: (please call for rates & appointment)
• Counselling & meditation: Incl relationship, marriage, work etc
•.Complementary meditation therapy: for those under medical treatment
• Meditation coaching; meditation therapy & stress management

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