

Puja

by Piya Tan

Due to the warm response to TMC Meditation & Sutta Study classes every Wednesday, we will be introducing a short **Dharmafarer Puja** just before the study, ending with dedication of merit. In due course, we will also introduce the Dharmacari Gatha which is sung to a beautiful reflective melody (at the end of the study).

An important part of Buddhist training is remembering what we have learned. Despite hearing some practical teachings, we tend to forget them in the busyness of our daily work and life. For this reason, we often find repetitive passages and teachings in the Suttas.

Another way to reinforce learning and gain wisdom is to chant them as the ancient monks and nuns did, and many of them still do today. Learning some Pali chants is both interesting and useful.

The sounds of Pali remind us of how the teachings sounded over the last 2000 years. Such sounds are soothing and helps calm the mind (especially before meditation).

And when done with lovingkindness, such chanting helps to reduce stress, too.

Here, our main purpose in chanting is to remember the teachings as we go about our daily lives.

Every Sutta Study and meditation session, in a sense, is like an unopened present from the Buddha. Such presents can only be opened in moments of inner silence and joy. Only then, we can see what these wonderful gifts truly are.

When we are able to see these Dharma presents, we realize that *they actually have been there all the time* lying dormant in our hearts. We only need to wake them up, activate them.

Our compassion and wisdom are there lying dormant in our hearts. When the conditions are right, they awake and move into action, bringing true happiness into our lives and those we are linked with.

Join us for a warm open-heart session this Wednesday.