

ELECTIVE COURSE
(OPEN TO ALL FACULTIES)

BSTC1001 Introduction to Buddhist teachings (6 Credits)

Course Description

Buddhism, being a major world religion, is an important cultural heritage of mankind. Its teachings have not only influenced art and philosophy throughout history, but have also become a source of inspiration for contemporary researchers in the fields of psychotherapy, neuroscience and education. This course will systematically introduce to students the essence of Buddhist teachings. Special emphasis will be placed on the core teachings of the Buddha, which include the Four Noble Truths, Dependent Origination, Prajñā wisdom, Bodhisattva ideal, etc. and their practical applications.

Offering Semester	1st Semester
Lecturer	Ven. Sik Hin Hung
Office	Rm 413, The Jockey Club Tower, Centennial Campus
Email	cbsinfo2@hku.hk
Schedule	Every Thursday 4:30- 6:20pm
Class Venue	KB223, Knowles Building

Assessment ratio

100% coursework# with the following breakdowns:

Ratio	Content
50%	Short essay with 2,500 - 3,000 words
30%	(A) Book report with around 2,500 words <i>or</i> (B) Meditation seminar (Quota: 70 students): Details: To be confirmed Assessment: 10% - attendance (each session carries 2.5%) 10% - weekly meditation log 10% - Report on meditation experience and devise a meditation program for yourself (~1,500 words) <i>or</i> (C) Field trip (Quota: 80 students) Details: To be confirmed
20%	2 Quizzes

Faculty grade expectations - http://arts.hku.hk/BAProgramme/2012/assessment/A92_311_amended_2014.pdf

Course Outline

Week	Lesson	Date	Content
1	Lesson 1	Sept 7, 2017	I. Introduction <ul style="list-style-type: none"> ● Timeline of the development of Buddhism ● The Historical Buddha ● Buddhist attitude toward learning and deciding what the truth is
2	Lesson 2	Sept 14, 2017	<ul style="list-style-type: none"> ● What is Buddhism about? ● Classification of Buddhist Teachings
3	Lesson 3	Sept 21, 2017	II. Humanity Vehicle <ul style="list-style-type: none"> ● Karma and the circle of rebirth
4	Lesson 4	Sept 28, 2017	<ul style="list-style-type: none"> ● Refuge and the Triple Gems
		Oct 5, 2017	(Holiday)
5	Lesson 5	Oct 12, 2017	<ul style="list-style-type: none"> ● The Five Mindfulness Trainings
		Oct 19, 2017	(Reading week)
6	Lesson 6	Oct 26, 2017	III. Śrāvaka Vehicle <ul style="list-style-type: none"> ● The Four Noble Truths
7	Lesson 7	Nov 2, 2017	<ul style="list-style-type: none"> ● The Law of dependent origination
8	Lesson 8	Nov 9, 2017	<ul style="list-style-type: none"> ● The Twelve links of dependent origination
9	Lesson 9	Nov 16, 2017	<ul style="list-style-type: none"> ● The Five aggregates and the concept of no-self
10	Lesson 10	Nov 23, 2017	IV. Bodhisattva Vehicle <ul style="list-style-type: none"> ● The Bodhisattva ideal
11	Lesson 11	Nov 30, 2017	<ul style="list-style-type: none"> ● Prajñā and The deeper implications of the Law of dependent origination
12	To be confirmed		<ul style="list-style-type: none"> ● The Six Pāramitās

Reading List

1. Dalai Lama, *How to Practise*. London: Rider Books, 2002
2. Goldstein, Joseph, *Insight Meditation, The Practice of Freedom*. Dublin: Newleaf, 1993.
3. Harvey, Peter. *An Introduction to Buddhism : teachings, history, and practices*. New York : Cambridge University Press, 1990.
4. Rahula, W. *What the Buddha Taught*. London: the Gordon Fraser Gallery Ltd, 1978.
5. Robinson, R., Johnson, W., *The Buddhist Religions, A historical introduction*. New York: Wadsworth Publishing Company, 1997.
6. Schumann, H.W. *The Historical Buddha*. London: Arkana Penguin Books, 1989.
7. Thich Nhat Hanh; *Living Buddha, Living Christ*. New York, Riverhead Books. 1995.
8. Thich Nhat Hanh; *Old Path White Clouds: Walking in the Footsteps of the Buddha*, Parallax Press, 1991
9. Yin-shun; transl. Yeung, W.H., *The Way to Buddhahood*. Boston: Wisdom Publications, 1998.
10. 釋衍空, 《生命的出路—智者的足跡和開導》; 東蓮覺苑, 2005.
11. Harris, Sam. *The End of Faith*
<http://tw.youtube.com/watch?v=J3YOImOoYM&feature=related>
12. Life of the Buddha: https://youtu.be/5vIPx1egC_o

References and Internet Resources

Encyclopaedia of Buddhism, eds., Robert E. Buswell, Jr., Ed. New York: Macmillan Reference USA, 2003. 982 pp. 2 vols. This encyclopedia describes the Buddhist world view, basic teachings and practices of Buddhism, as well as its different schools and sects. This Encyclopedia needs subscription, so use it through HKU Electronic Recourses.

Encyclopedia of Religion. Lindsay Jones, Ed. 2nd ed. Detroit: Macmillan Reference USA, 2005. 10735 pp. 15 vols. This Encyclopedia needs subscription, so use it through HKU Electronic Recourses.

Encyclopædia Britannica Online. This Encyclopædia needs subscription, so use it through HKU Electronic Recourses.

Digital Dictionary of Buddhism, eds., Charles Muller. This is an internet based dictionary similar to Dictionary of Chinese Buddhist Terms, by Soothill and Hodous, but has much more entries. If you know the Chinese Buddhist technical terms, but do not know how to translate it into English, please visit Muller's DDB website address: <http://www.buddhism-dict.net/ddb/> Users can access the search function with the user ID of "guest" (case-sensitive, no quotes), leaving the password area blank allowing 20 searches in a 24 hour period. To search Sanskrit and other terms containing diacritics, type in the term in simple ascii.

A Dictionary of Buddhism, eds., Damien Keown. This Dictionary needs subscription, so use it through HKU Electronic Recourses.

Accesstoinight. This is a website entirely dedicated to the teaching of Theravada Buddhism including the Pali Canon, Theravada text archive and sources. Most of the Pali texts are translated into English for free

distribution. Website address: www.accesstoinsight.org/

Journal of Buddhist Ethics. This is a web based academic journal for free distribution. Web address: <http://www.jbe.gold.ac.uk/>

Taisho Edition of Chinese Tripitaka. If you can read classical Chinese and wish to refer to the original Chinese texts, please visit <http://www.cbeta.org/index.htm>. This website includes volumes 1-55 & 85 of Taisho Edition of Chinese Tripitaka.

Buddhist Digital Library and Museum. There is a good collection of academic articles some with full texts in both Chinese and English. It is a good place to relevant academic articles for your study. Website address: <http://buddhism.lib.ntu.edu.tw/BDLM/>

Buddhasasana. You can find many full text articles on Buddhism in English, but not all of them are academic so you have to be selective. The website address is: <http://www.saigon.com/~anson/ebud/ebidx.htm>

The Internet Sacred Text Archive. You can find the old texts of almost all major religions in the world in this site and you can also copy the full texts if you wish. For instance, you can find the Sacred Books of the East. Website address: <http://www.sacred-texts.com/index.htm>

Mahayana Buddhist Sutras in English. In this site you can find some popular Chinese Mahayana texts in English translation. Website address: <http://www4.bayarea.net/~milee/>

JSTOR The Scholarly Journal Archive. This Archive needs subscription, so use it through HKU Electronic Recourses. <http://www.jstor.org/jstor>

(Last updated: July 19, 2017)