Undergraduate Courses offered by Centre of Buddhist Studies in 2018-19

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.

<table>
<thead>
<tr>
<th>Offering Semester</th>
<th>1st Semester</th>
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<tbody>
<tr>
<td>Lecturer</td>
<td>Ven. Sik Hin Hung</td>
</tr>
<tr>
<td>Office</td>
<td>Rm 413, The Jockey Club Tower, Centennial Campus</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:cbsinfo2@hku.hk">cbsinfo2@hku.hk</a></td>
</tr>
<tr>
<td>Schedule</td>
<td>Every Thursday 4:30–6:20pm</td>
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<tr>
<td>Class Venue</td>
<td>KB223, Knowles Building</td>
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Assessment ratio

100% coursework* with the following breakdowns:

<table>
<thead>
<tr>
<th>Ratio</th>
<th>Content</th>
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<tr>
<td>40%</td>
<td>Short essay with 2,500 - 3,000 words</td>
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</table>
| 30%   | (A) Book report with around 2,500 words  
or  
|       | (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) |
| 30%   | 2 Quizzes |

## Course Outline

<table>
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<tr>
<th>Week</th>
<th>Lesson</th>
<th>Date</th>
<th>Content</th>
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| 1    | Lesson 1 | Sept 6, 2018 | I. Introduction  
  ● Timeline of the development of Buddhism  
  ● The Historical Buddha  
  ● Buddhist attitude toward learning and deciding what the truth is |
| 2    | Lesson 2 | Sept 13, 2018 | ● What is Buddhism about?  
  ● Classification of Buddhist Teachings |
| 3    | Lesson 3 | Sept 20, 2018 | II. Humanity Vehicle  
  ● Karma and the circle of rebirth |
| 4    | Lesson 4 | Sept 27, 2018 | ● Refuge and the Triple Gems |
| 5    | Lesson 5 | Oct 4, 2018   | ● The Five Mindfulness Trainings |
| 6    | Lesson 6 | Oct 11, 2018  | III. Śravaka Vehicle  
  ● The Four Noble Truths |
|      |          | Oct 18, 2018  | (Reading Week) |
| 7    | Lesson 7 | Oct 25, 2018  | ● The Law of dependent origination |
| 8    | Lesson 8 | Nov 1, 2018   | ● The Twelve links of dependent origination |
| 9    | Lesson 9 | Nov 8, 2018   | ● The Five aggregates and the concept of no-self |
| 10   | Lesson 10| Nov 15, 2018  | IV. Bodhisattva Vehicle  
  ● The Bodhisattva ideal  
  ● Trikāya (Three Bodies of the Buddha) |
| 11   | Lesson 11| Nov 22, 2018  | ● Prajñā and The deeper implications of the Law of dependent origination |
| 12   | Lesson 12| Nov 29, 2018  | ● The Six Pāramitās |
Reading List

11. Harris, Sam. *The End of Faith*  
   [http://tw.youtube.com/watch?v=J3YOImOoYM&feature=related](http://tw.youtube.com/watch?v=J3YOImOoYM&feature=related)
12. Life of the Buddha:  [https://youtu.be/5vIPx1egC_o](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.


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/](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.

Accesstoinsight. 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/~mtlee/

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

(Last updated: July 26, 2018)