Walking Together on the path to Sustainable Happiness
Happiness is something we all long for. Yet, a state of happiness, once obtained, is difficult to sustain. What makes happiness sustainable? How can we stay relaxed and happy in this world of constant change and bustle? Buddhist studies may offer the answers you are looking for. We hope to walk together with you on the path to search for sustainable happiness.
In the last two decades, advances in science and technology have taken on unprecedented speed, and new modes of communication have changed the way people have lived, worked and interacted with others. Societies have undergone upheaval in financial markets and political change. Consumerism and the quest for material satisfaction have dominated our lives. Traditional values have been challenged. The fast pace of these changes has brought on more uncertainty, unease, stress and anxiety. In the corporate world, there has been not only a trend to search for a more sustainable and ethical way to do business, but also a search to harmoniously relate to others and the environment. On the individual level, there has been an escalating interest in introspection, and a strive for a balance between the “spiritual” and the “material” world. There has been also a growing recognition that physical wellness is connected to the mind. Intelligentsia worldwide has viewed Buddhism as an antidote for the vexed mind and an aid to the establishment of a decent social order.

The Buddha taught the root cause of suffering and provided the key to its cessation. He expounded the law behind the arising of phenomena, observed things as they truly are, and imparted wisdom that has stood the test of time. The present milieu finds the Buddha’s teaching most pertinent and relevant.

The Centre of Buddhist Studies of The University of Hong Kong came into being in recognition of this tremendous upsurge of interest in Buddhism. The interest in and study of Buddhism are no longer restricted to believers and academics but has attracted a wide spectrum of participation. It is the intention of the Centre that students engaged in the programme would gain a better understanding of the teaching of the Buddha as well as the history and development of Buddhism.

The Centre of Buddhist Studies of The University of Hong Kong, officially inaugurated in 2002, is a self-funded academic centre that relies on the generous support and donations from benefactors, the first of its kind in a Hong Kong tertiary institution.

The Centre’s objective is to achieve excellence in the promotion of high quality academic studies and in-depth research of Buddhism in Hong Kong, Mainland China and the region, serving as the gateway for exchange between Chinese and Western Buddhist scholars. Through the integrated studies of other disciplines with Buddhism, the Centre also aims to initiate innovative thinking and create a new horizon for Buddhist studies and research. Programmes offered include the Master of Buddhist Studies degree programme, Master of Philosophy (MPhil) and Doctor of Philosophy (PhD) degrees, undergraduate courses, and Certificate Course in Buddhist Textual Studies. Apart from academic activities, the Centre hosts lectures, public talks, workshops, seminars and conferences to promote Buddhist studies to the community.

Through exploring the essence and essentials of Buddhism, we hope to find a way to put the modern mind at ease and at peace with itself through the wisdom of the Buddha.
Pioneering a Master’s degree programme in Buddhist Studies

The Centre is the first to offer a taught Master’s degree programme of Buddhist studies in Hong Kong through the University of Hong Kong, the oldest and leading university in the territory. Looking towards China and around the world, there is a growing global interest in Buddhist studies from many new perspectives. Against such an international backdrop, the setting up of the Centre of Buddhist Studies in 2002 was a positive response to the needs of the time and the community. It has ushered in a new stage in the University’s research efforts on humanities.

The programme is intended for teachers, psychologists, social workers and counselors who want to study how Buddhist teachings add a new dimension to the science of the human psyche and how their application may enhance the effectiveness in their personal and professional lives. It is also for individuals who are interested in the philosophy of life and/or want to study Buddhism and its practices, in a comprehensive and systematic way as a means for spiritual development. The programme offers new perspectives in many areas not traditionally associated with the study of a religious faith. Participants have an opportunity to study Buddhism not only as a religious practice but also as a philosophy and an ethics system, and in metaphysical terms. It is also of interest to those who wish to learn more about the relationship between science and Buddhism.

Through a fundamental understanding of the Buddhist teachings, the programme will enable students to develop better mind and life management skills, the key to sustainable happiness. Contented and happy individuals collectively constitute a more harmonious and tolerant society. Further postgraduate research programmes provide students with the opportunity to conduct research in the study of Buddhism and assess its value to modern society. It is expected that original and scholarly research will lead to the innovative application of Buddhist philosophy to contemporary studies in social sciences and human well-being such as psychotherapy, neuroscience, education, palliative care and business management.

Religious affiliation or otherwise is not information required from applicants for the programmes on offer, as it is not the purpose of the Centre to convert people to the Buddhist faith.
Becoming a part of the Centre

You too, can be part of our Centre. We welcome you. There are several ways you can join us:

**Be a student**
We offer:
- A taught Master of Buddhist Studies (MBS) degree programme
- Research degree programmes (MPhil and PhD)
- Undergraduate courses
- Certificate Course in Buddhist Textual Studies (漢文佛典證書課程)

**Master of Buddhist Studies degree programme**
The Master of Buddhist Studies programme aims to provide students with fundamental knowledge in Buddhist studies. The programme covers various aspects of Buddhist teachings and offers over 20 courses in 2012-13. The programme has attracted students from diversified backgrounds, professions and nationalities. In 2012-13, non-local applicants made up nearly 40% of the total applicants and came from different countries including Bangladesh, France, Germany, India, Malaysia, Russia, Singapore, U.K., U.S.A. and Mainland China. Over the past decade, up to 500 students have graduated from the programme.

**Research degree programmes (MPhil and PhD)**
The Centre has enrolled 20 postgraduate research students in its MPhil and PhD programmes. It has so far awarded MPhil/PhD degree to 16 students. Our students have conducted research in various areas including *Doctrinal and historical studies of the different Buddhist traditions*, e.g. Theravada, Mahayana, Vinaya and the Buddhist sects in the Abhidharma period; *Buddhism as applied to the social sciences perspective*, e.g. counseling, palliative care, mediation, psychology and psychotherapy; *Modern interpretation of Buddhism*, e.g. Buddhism and society, humanistic ethics; and *Textual studies*, e.g. translation and textual analysis of important canonical and post-canonical Buddhist texts.

**Undergraduate courses**
In the past 10 years, the Centre has been offering courses to undergraduate students of The University of Hong Kong from various faculties. Student response towards these courses has been very encouraging, as over 1400 students have joined our courses. Up to 9 courses will be offered in 2012-13, which include: Life and Buddhism, Introduction to Buddhist teachings, Zen in East Asia, Buddhism and Chinese Culture, Buddhist psychology and mental cultivation, Introduction to Buddhist art, and Introductory Sanskrit.
Certificate Course in Buddhist Textual Studies
(漢文佛典證書課程)
The Chinese Certificate Course in Buddhist Textual Studies is a four-year course which has been offered by the Centre since the academic year 2005-06. The main objective of the course is to enable students to have a comprehensive understanding of Chinese and Indian Buddhism through the systematic study of Theravada, Mahayana and Chinese Buddhist texts in preparation for future Buddhist research. The course has received a decent response over the years, averaging around 70 students being enrolled each year.

Be enlightened
Join our public talks and academic lectures on Buddhist topics of interest given by renowned scholars and public figures. Up to September 2012, 149 academic lectures and 36 public talks have been delivered by speakers such as Prof. Jao Tsung-I, Ven. Gelong Matthieu Ricard, Zen Master Thich Nhat Hanh and Ven. Master Hsing-Yun, to mention but a few, and there are many more distinguished talks and lectures to come.

Be a practitioner
You can also participate in meditation sessions and Dharma events organized by our Centre.

Our Patrons
The Centre is honoured to have the following members as its patrons:
• Mr. Robert H. N. Ho, Director, Tung Lin Kok Yuen
• Professor Jao Tsung – I, GBM
• Venerable Kok Kwong, GBS, President, Hong Kong Buddhist Association
• Ms. Elsie O. S. Leung, GBM, JP
• Mr. K. S. Li, GBM, KBE, Chairman, Li Ka Shing Foundation
• Dr. Charles Yeung, SBS, JP, Chairman, The Glorious Sun Holdings Limited
Our Management Committee

The Centre is managed by the Management Committee, consisting of:

Professor C. F. Lee (Chairman), Director, HKU School of Professional and Continuing Education
Mr. Archie W. K. Chan, Representative of Founding Donor, Glorious Sun Group
Professor Cecilia L.W. Chan, Founding Fellow, Centre of Buddhist Studies
Professor L. C. Chan, Co-opted member
Venerable Dr. Guang Xing, Co-opted member
Professor K. Louie, Dean, Faculty of Arts
Dr. Helen S. H. Ma, Teacher Representative of the Master of Buddhist Studies degree programme
Venerable Sik Hin Hung, Director, Centre of Buddhist Studies
Mr. John Y. H. Tam, Representative of Founding Donor, Tung Lin Kok Yuen

The above list refers to members of the Management Committee 2012-13

Our Staff

Director
Venerable Sik Hin Hung (Assistant Professor)

Our teachers
Mr. Alan S. T. Chan (Visiting Lecturer)
Dr. N. C. Chan (Visiting Assistant Professor)
Dr. K. S. Chiu (Visiting Lecturer)
Venerable Professor K. L. Dhammajoti (Glorious Sun Professor in Buddhist Studies)
Venerable Dr. Dhammapala (Visiting Assistant Professor)
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Venerable Dr. Sik Fa Ren (Teaching Consultant)
Dr. C. H. Tsui (Tung Lin Kok Yuen Fellow in Buddhist Art)
Dr. W. S. Wong (Associate Professor of the Department of Architecture)
Dr. Helena S. Y. Yuen (Visiting Assistant Professor)

The above list refers to members of the teaching team for the academic year 2012-13

For updated information and background details on the teaching staff, please refer to our website.
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