ELECTIVE COURSE  
(OPEN TO ALL FACULTIES)  

BSTC2002 Life and Buddhism (6 Credits) (Semester 1)

Lecturer: Professor Guang Xing  
Email: guangxin@hku.hk  
Office: C0405, Jockey Club Tower  
Time for lecture: Tuesday 4:30 pm to 6:20 pm  
Venue: CPD-LG.01  
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Tutorial Venue will be advised later

Course Description: (6 credits)  
This course guides students to explore the thought, values and practices of Buddhism through a detailed analysis and examination of its fundamentals of philosophical theories and principles. Buddhist teachings entirely focus on the analysis of human life and offer a unique way to solve life’s problems and achieve happiness. Just as the Buddha said, he taught one thing: suffering and its cessation. In this course, the basic Buddhist teachings of dependent arising, the relationship of mind and body, human behaviours and their consequences, the human condition and its causes, the concept of happiness, etc. will be investigated on the basis of the earliest Buddhist literatures namely the Pali Nikayas and Chinese Agamas. Assessment: 100% coursework.

Objectives  
Even without any prior knowledge of Buddhism, students will be benefited from learning the fundamental theories and practices of Buddhism. Students are expected to obtain a basic understanding of Buddhist philosophy of life, values and attitudes towards life and the Buddhist ways to achieve happiness in life.

Assessments  
Students are required to read the relevant papers before coming to the lecture so that they can participate in our lively discussion. The final examination is based on one essay, one presentation and lecture participation.

(1) Short essay (60%) with 2,500 - 3,000 words (excluding bibliography). Please submit by 1st December 23:59

(2) Book report (25%) with 800 – 1,000 words. Please choose either one of these two books: (1) Rupert Gethin, *The Foundations of Buddhism*. (2) Y. Karunadasa, *Early Buddhist Teachings: Middle Position in Theory and Practice*. Please submit by 26, October 23:59.

(3) Attendance (15%)  
Please submit the final version of your essay to turnitin at Moodles for plagiarism check which is a university requirement. Please also attach the one page report showing similarities at the beginning of
your essay

Plagiarism:
Plagiarism is a serious academic offence. The University upholds the principle that plagiarism in any form is unacceptable and any student found plagiarizing is liable to disciplinary action in addition to failing the assessment concerned. Please read the following webpage on "plagiarism" for details: http://arts.hku.hk/current-students/undergraduate/assessment/plagiarism

Course Learning Outcome
Students will:
1. Describe and explain the role of morality and wisdom in the Buddhist way of life, (Assessment 1, 2, 3)
2. Use the relevant information to critically reflect how to live a meaningful and better life, (Assessment 1, 2, 3)
3. Apply the knowledge and understanding to critically examine the problems in life, (Assessment 1, 2, 3)
4. Demonstrate an awareness of the impact of one’s behavior to others and the society one live in. (Assessment 1, 2, 3).

Criteria for marking essay:
1. Good and correct understanding of the Buddhist teachings given in the lectures,
2. Clear, logical and rational presentation and discussion of your ideas and thoughts,
3. Show that you have read at least five relevant papers in your essay either in your footnotes or endnotes and list them at the end. These five papers can be found from the readings in Moodles or from the reference list at the end of each lecture. Internet sources may not be acceptable as most of them are not academic. So please visit the recommended internet websites in our reading list below for materials and academic papers.

Here is the Faculty Grade Expectations. http://arts.hku.hk/grade_expectations.pdf

Course Outline (tentative):

Lecture 01 September 7
Topic: The Buddhist attitude toward life
Discussion Topics: Buddhist attitude towards life
Reading: Chapters 1 in Rahula’s What the Buddha Taught.

Lecture 02 September 14
Topic: The historical Buddha: a personality analysis
Discussion Topics: The Buddha’s life
Lecture 03 September 21
Topic: Buddhist analysis of Human life:
Discussion Topics: five aggregates, four nutriments, three characteristics of individual existence.

Lecture 04 September 28
Topic: Life without a permanent soul: Buddhist teaching of non-self
Discussion Topics: theory of dependent origination, non-soul theory.

Lecture 05 October 5
Topic: Buddhist analysis of human behaviours and their consequences:
Discussion Topics: karma and rebirth

Reading Week Oct. 11-16

Lecture 06 October 19
Topic: Buddhist analysis of human predicament
Discussion Topics: twelve factors of dependent origination,
Reading: Karunadasa, Y. “The problem of suffering: The Buddhist diagnosis of the Human predicament”. Chapter I: “The Human Condition” in In the Buddha’s Words. Chapter 3 “Four Truths: The Disease, the Cause, the Cure and the Medicine” in Gethin’s The Foundations of Buddhism.

Lecture 07 October 26
Topic: Buddhist concepts of happiness:
Discussion Topics: nirvana -- nibbana parama sukha
Reading: Lily De Silva, Nibbana As Living Experience. Wheel No. 407/408, Buddhist Publication Society, 1996. Chapter IV: “The Happiness Visible in This Present Life” in In the Buddha’s Words. Chapter 3 “Four Truths: The Disease, the Cause, the Cure and the Medicine” in Gethin’s The Foundations of Buddhism.

Lecture 08 November 2
Topic: Buddhist ways to achieve happiness: (I)
Discussion Topics: the noble eightfold path
Lecture 09 November 9  
Topic: Buddhist ways to achieve happiness: (II)  
Discussion Topics: Buddhist meditation.  

Lecture 10 November 16  
Topic: Buddhist moral teaching,  
Discussion Topics: criteria for judging good and bad,  

Lecture 11 November 23  
Topic: Buddhist values: love and compassion,  
Discussion Topics: Five precepts, The Four Sublime States,  

Lecture 12 November 30  
Topic: Buddhist attitude to death:  
Discussion Topics: Death, abortion and organ donation.  

Suggested Essay topics  
1. Discuss how this course has changed or improved your life. (Reflective Essay about the course)  
2. Discuss Buddhist attitude towards life?  
3. Discuss the Buddha as a teacher in light of his personality.  
4. What is the Buddhist analysis of human life?  
5. Discuss the moral responsibility in light of the concept of no-soul or Anatta.  
6. No soul or Anatta is a characteristic of Buddhism as a religion. Discuss.  
7. Is the Buddhist concept of karma a determinism?  
8. Is Buddhist concept of karma an eye for an eye and a tooth for a tooth?  
9. “Buddhism is pessimistic.” Discuss in the light of Buddhist Teaching of suffering.  
10. Why Buddhism starts with Dukkha or suffering? Discuss.  
11. Discuss the Buddhist concept of Happiness.  
13. Why the noble eightfold path is described as transcending the two extremes of austerities and sensual indulgence?  
14. Discuss the Buddhist concept of Nirvana.  
15. Discuss the Buddhist way of life in light of the noble eightfold path.  
16. How the Buddhist meditation related to a better life?  
17. Discuss the importance of mindfulness in our life.  
18. Discuss the Buddhist attitude towards death. (Please do not include attitude towards physical body
19. Discuss the importance of five precepts in our life.
20. Buddhism is rational. Discuss.
21. Is Buddhism a religion or a philosophy? Discuss.

You may choose your own essay topics provided it relates to our course. Please write a title page with the following information: (1) the course title, (2) topic of the essay, (3) your name and dates, (4) your email address. Please use Essay Format to write your essay and use Chicago Citation Style which can be found in Moodle.

**Required Reading**


**Further Reading**


Bodhi, Bhikkhu (ed.) “Dana The Practice of Giving.” Selected essays published by Buddhist


Payutto, Phra Prayudh, *Buddhadhamma: Natural Laws and Values for Life*. Albany: State University of

Piyadassi, Thera, The Buddha’s Ancient Path from https://www.bps.lk/olib/bp/bp103s_Piyadassi_Buddhas-Ancient-Path.pdf


Reference and Internet Resources

1) Dictionaries

Digital Dictionary of Buddhism, eds., Charles Muller. Free. 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.acmuller.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.


Princeton Dictionary of Buddhism. Edited by Robert E. Buswell Jr. and Donald S. Lopez Jr. This Dictionary needs subscription, so use it through HKU Electronic Recourses.
A Dictionary Buddhism, eds., Damien Keown. This Dictionary needs subscription, so use it through HKU Electronic Recourses.


Oxford Reference Online Premium. This reference contains many encyclopaedia and dictionaries for all kinds of studies. It is good for beginners of Buddhism to look for basic information. This Dictionary needs subscription, so use it through HKU Electronic Recourses.

The Korean Buddhist Canon: A Descriptive Catalogue. [compiled by] Lewis R. Lancaster in collaboration with Sung-bae Park, Berkeley: University of California Press, 1979. This is a catalogue of Mahayana Buddhist Sutras in Sanskrit together with Tibetan and Chinese translation. It also lists the translators and date of Chinese translation. If you know the title of a sutra in Chinese, but you don’t know how to translate it into Sanskrit, then you can find it in this catalogue. A Hardcopy can be found in HKU Library XR 016.294382 L2. The electronic version can be found at: http://www.acmuller.net/descriptive_catalogue/ Free. You can download the entire web version.

2) Encyclopaedia

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.


Stanford Encyclopaedia of Philosophy. Free, it contains a large number of papers in Buddhist and Confucian studies. http://plato.stanford.edu/

The Internet Encyclopaedia of Philosophy. Free it contains a large number of papers in Buddhist and Confucian studies. http://www.iep.utm.edu/

3) Journals

Journal of Happiness Studies. Please logon to HKU library Electronic Resources and find this journal.
Journal of Philosophy of Life. Published by Waseda University in Japan. The aim of this journal is to promote international dialogue on the philosophy of life. It features original, full-length papers as well as research reports and other relevant materials. Every paper in the journal is published in PDF format and is freely downloadable from this website, the repository of Waseda University, and/or the repository of Osaka Prefecture University (OPERA). This journal is a member of the Directory of Open Access Journals (DOAJ) and Philosophical Research Online (philpapers).

http://www.philosophyoflife.org/

Journal of Buddhist Ethics. Free. This is a web based academic journal for free distribution. Web address: http://blogs.dickinson.edu/buddhistethics/category/volume-22-2015/

Journal of the International Association for Buddhist Studies. This is the largest and best journal for Buddhist Studies. You can access and download papers older than five years, free. https://journals.ub.uni-heidelberg.de/index.php/jiabs/issue/archive HKU holdings: S 294.305 I6 A8


Buddhist Studies Review. Published twice a year by the UK Association for Buddhist Studies, started form 1984. Both printed and electronic versions are available from HKU Library, the electronic version is gradually uploaded to the web. Now the Journal is free for download from 1983-2005. http://www.ukabs.org.uk/ukabs/resources/journal-archives/buddhist-studies-review-vols-1-22/ You can also get it from HKUL Catalogue: 294.3 B927 S9

The Eastern Buddhist. HKU Library. Published twice a year by the Eastern Buddhist Society in Kyoto, Japan, started from 1965. S 294.3 E13 B9

Contemporary Buddhism. HKU Library. Published twice a year, Richmond, England: Curzon, c2000-S 294.3 C761 B

4) Website Recourses

Accessfoinsight. Free. 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/

_Buddhist Digital Library and Museum_. Free. 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://ccbs.ntu.edu.tw/DBLM/index.htm please go to database.

_Buddhist Publication Society_. Free. This is an organization in Sri Lanka devoted to the publication of Theravada Buddhist Books and some of them are for free distribution. So you can download them for your own use. The _Wheel Publication Series_ and _Bodhi Leaf Series_ are scholarly studies of Theravada Buddhism. Please follow the link and visit Online Library http://www.bps.lk/

_JSTOR_ The Scholarly Journal Archive. This _Archive_ needs subscription, so _use it through HKU Electronic Recourses_. http://www.jstor.org/jstor

_Taisho Edition of Chinese Tripitaka_. Free. 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_.