Undergraduate Course offered by Centre of Buddhist Studies in 2019-20

ELECTIVE COURSE
(OPEN TO ALL FACULTIES)

BSTC2022 The evolution of Buddhist meditation

Lecturer: Venerable Sik Hin Hung
E-mail address: hinhung@hku.hk
Office Phone No.: 3917-2847
Office: Room 413, The Jockey Club Tower

Teaching Assistant: Ms. Maggie Chau
Email: magchau@hku.hk

Offering semester: Semester 1
Lecture: Every Thursday from 4:30pm-6:20pm
Venue: CPD 1.24

Meditation Workshop: 6 sessions (each 1.5 hours)
Dates: Sept 19, 26
          Oct 3, 10, 24, 31
Venue: Convocation room, Room 218, 2/F, Main Building, HKU
Time: 7 pm – 8:30 pm

Course Description
During the past decades, mindfulness practice, a form of Buddhist meditation, has not only become popular among mainstream culture embraced by some of the world’s biggest corporates, including Google, Facebook, P&G, etc. but it has also become the building blocks of several important stress reduction psychosocial interventions such as Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT). In this course, students will have a chance to study the evolution of Buddhist meditation: from its origination to its latest manifestation as psychosocial interventions spanning more than 2000 years. Through the study of Buddhist meditation texts and experiential learning, the theories and practices of several important Buddhist meditation methods will be introduced, such as mindful-breathing, compassionate meditation, samadhi and vipassana. Students will be expected to allocate time to practice at home what they have experientially learned in class.

In order for students to gain both a theoretical and practical understanding about the different types of meditation, this class will include weekly lecture (2 hour) and Meditation Workshop (30 min).
Objectives
(1) To introduce the evolution of Buddhist meditation, from its earliest form as taught by the Buddha to its latest manifestation as psycho-social interventions.
(2) To enable students to gain exposure to the theories and practices of various form of Buddhist meditation
(3) To help students to experientially learn how the various forms of Buddhist meditation can help a person to understand the working of one’s own mind.

Assessment
(1) A 2500 words commentary on one of the texts that the course studies (50%)
(2) A book report on a book on meditation (25%)
(3) Participate in the Meditation Workshop and complete weekly meditation logs (25%)

General expectations of student performance at the various grades

About Plagiarism
Please be aware of plagiarism. For details, please refer to http://arts.hku.hk/current-students/undergraduate/assessment/plagiarism

Course Schedule

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Topic</th>
<th>Content and Discussions</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1 Sept 5th</td>
<td>Mindfulness practice, the most popular form of Buddhist meditation in the 21st Century</td>
<td>Social scientists have integrated mindfulness practice into group-based interventions for treating stress-related problems with success. The two most important mindfulness based interventions, MBSR and MBCT will be introduced.</td>
</tr>
<tr>
<td>L2 Sept 12th</td>
<td>Integrating Buddhist theories and practices into group-based interventions</td>
<td>Interventions with both the theoretical model and program content falling within the Buddhist context: Cognitively-Based Compassion Training (CBCT) and Awareness Training Program (ATP)</td>
</tr>
<tr>
<td>L3 Sept 19th</td>
<td>How did the historic Buddha practice meditation?</td>
<td>Dvedhavitakka Sutta: Two Sorts of Thinking Nagar Sutta: The City</td>
</tr>
<tr>
<td>L4 Sept 26th</td>
<td>The fundamental of Buddhist meditation, and the Satipatthana Sutta</td>
<td>Why the practice of the four foundations of mindfulness is “the only way” to purification and overcoming sorrow and suffering? Mindfulness of Breathing and body movements</td>
</tr>
<tr>
<td>L5</td>
<td>Oct 3rd</td>
<td>The Satipatthana Sutta</td>
</tr>
<tr>
<td>-----</td>
<td>---------</td>
<td>------------------------</td>
</tr>
<tr>
<td>L6</td>
<td>Oct 10th</td>
<td>The Satipatthana Sutta</td>
</tr>
<tr>
<td>Oct 17th</td>
<td></td>
<td>No Class -- Reading Week</td>
</tr>
<tr>
<td>L7</td>
<td>Oct 24th</td>
<td>Visuddhimagga, the Path of Purification</td>
</tr>
<tr>
<td>L8</td>
<td>Oct 31st</td>
<td>Visuddhimagga, the Path of Purification</td>
</tr>
<tr>
<td>L9</td>
<td>Nov 7th</td>
<td>Visuddhimagga, the Path of Purification</td>
</tr>
<tr>
<td>L10</td>
<td>Nov 14th</td>
<td>Sūtra of the Explanation of the Profound Secrets 解深密經</td>
</tr>
<tr>
<td>L11</td>
<td>Nov 21st</td>
<td>Inquiry of hua-tou, the Chinese ch'an practice</td>
</tr>
<tr>
<td>L12</td>
<td>Nov 28th</td>
<td>Tsig-sum nêdêk, 大圓滿椎擊三要訣</td>
</tr>
</tbody>
</table>

**Reading**

• 《六祖法寶壇經》

*(Last updated on July 24, 2019)*