Undergraduate Course offered by Centre of Buddhist Studies in 2020-21
ELECTIVE COURSE
(OPEN TO ALL FACULTIES)

BSTC2022 Evolution of Buddhist Meditation

Lecturer: Venerable Sik Hin Hung
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Office Phone No.: 3917-2847
Office: Room 413, The Jockey Club Tower

Lecture: Every Thursday from 4:30pm-6:20pm
Venue: CPD LG.18

Meditation Workshop (Compulsory)
Dates: Sept 17, 24, Oct 8, 22, 29, Nov 5
Venue:
On Sept 17 will be conducted in MB218 (convocation room)
Time: 7-8:30 pm

Sept 24, Oct 8, 22, 29, Nov 5 will be conducted via Zoom
Time: 8-9:30 pm

Course Description
During the past decades, mindfulness practice, a form of Buddhist meditation, has not only become popular in 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 (1 hour 30 min).
Objectives
(1) To introduce the development of Buddhist meditation, from its earliest form as taught by the Buddha to its latest application in psycho-social interventions.
(2) To enable students to gain exposure to the theories and practices of various forms of Buddhist meditation.
(3) To help students to experientially learn how the various forms of Buddhist meditation can help a person to understand one’s own mind.
(4) By studying the different meditation methods and texts, student should be able to develop insight as to what is Buddhist meditation and be able to critically evaluate the authenticity of any meditation method.

Assessments
(1) Commentary: 2500 words. Based on a text or one section of one of texts taught in class or an essay on one of the meditation methods or modern applications of Buddhist mediation taught in the class. Due on Dec. 10th 2020. (50% of overall grade)
(2) Book Report: 2000 words. Choose a book from the reading list of the course. Due on Oct. 22nd 2020. (25% of overall grade)
(3) Participate in the Meditation Workshop and complete weekly meditation logs to be submitted one week after each weekly workshop (25% of overall grade).

Submission
Commentary & Book Report
○ Upload a soft copy through Moodle AND
○ Hand in a hard copy at Venerable Hin Hung’s mailbox (next to CBS conference room on the 4th Floor of the Jockey Club Tower, Centennial Campus)

On Cover Page
○ Name
○ University Number
○ Assignment title
○ Word Count

Meditation Logs
○ Hand in during lecture one week after each weekly workshop
○ No meditation log will be accepted during meditation workshop

Late Submission & Plagiarism
○ Within first 7 days after the deadline, one sub-grade will be deducted (e.g. A➔A-);
○ From the 8th day after the deadline and thereafter, one grade will be deducted (e.g. A➔B).
○ Plagiarism: As stated in Regulation 6 of the University's Regulations Governing Students’
Academic Conduct Concerning Assessment NO engagement of plagiarism is allowed. All cases will be handled following the “Protocol on Handling of Plagiarism” as stated in the Faculty of Arts webpage.

**Assessment Guideline**

30% - accuracy of the understanding of the text/book  
25% - depth of knowledge (including references)  
25% - originality/ personal insight  
20% - quality of writing and presentation

Guidelines for **Commentary**

The Commentary should have:

1. An explanation of the overall background and importance of the text. If you choose only a section of a text to comment on explain why you choose that particular section of the text.  
2. Divide the text into sections with appropriate heading.  
3. Paraphrase and elaborate on the meaning of each paragraph of the text.  
4. Conclusion

Guidelines for **Book Report**

1. Choose a book on Buddhist meditation to write on. You can choose a book on the reading list or any book not already included in the list with prior approval of the instructor.  
2. First, introduce the text, identify the part(s) or key point(s) you would like to report/review (if not the whole text), then provide your view/interpretation with analysis, and lastly draw your own conclusion.

Style of scholarly writing: proper use of citations and quotations is expected. All contributions of other writers should be noted through accurate quotations (judiciously selected and sparingly used). The final submission should be carefully edited for accurate spelling and competent usage of English punctuation, syntax and grammar.

**Faculty Grade Expectations:** [http://arts.hku.hk/grade_expectations.pdf](http://arts.hku.hk/grade_expectations.pdf)

**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:  
<table>
<thead>
<tr>
<th>Lesson</th>
<th>Topic</th>
<th>Content and Discussions</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1 Sept 3rd</td>
<td>How did the historic Buddha practice meditation?</td>
<td><em>Dvedhavitakka Sutta</em>: Two Sorts of Thinking</td>
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<td><em>Nagara Sutta</em>: The City</td>
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<tr>
<td>L2 Sept 10th</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>
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<tr>
<td>L3 Sept 17th</td>
<td>The fundamental of Buddhist meditation, and <em>The Satipatthana Sutta</em></td>
<td>Why the practice of the four foundations of mindfulness is “the only way” to purification and overcoming sorrow and suffering?</td>
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<td>Mindfulness of Breathing and body movements</td>
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<tr>
<td>L4 Sept 24th</td>
<td><em>The Satipatthana Sutta</em></td>
<td>Mindfulness and Contemplation of Feeling</td>
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<td>Oct 1st</td>
<td>No Class – Public Holiday</td>
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<tr>
<td>L5 Oct 8th</td>
<td><em>The Satipatthana Sutta</em></td>
<td>Mindfulness and Contemplation of mind and Dharma</td>
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<td>Oct 15th</td>
<td>No Class -- Reading Week</td>
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<tr>
<td>L6 Oct 22nd</td>
<td><em>Visuddhimagga, the Path of Purification</em></td>
<td>Study of the Description of Concentration – Taking a meditation subject and the Earth Kasina</td>
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<td>L7 Oct 29th</td>
<td><em>Visuddhimagga, the Path of Purification</em></td>
<td>Study of the Description of Concentration—, the Recollection of the Buddha and Loving Kindness meditation</td>
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<td>L8 Nov 5th</td>
<td><em>Integrating Buddhist theories and practices into group-based interventions</em></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>
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<td>L9 Nov 12th</td>
<td>Sūtra of the Explanation of the Profound Secrets</td>
<td>Chapter on Analyzing Yoga</td>
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<td>L10 Nov 19th</td>
<td>The Sixth Patriarch Platform Sutra</td>
<td>Selected readings</td>
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<td>L11 Nov 26th</td>
<td>Inquiry of <em>hua-tou, the Chinese ch’an practice</em></td>
<td>The teaching from Ch’an Master Empty Cloud</td>
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<td>Dec 10th</td>
<td><em>No Class – Assessment Period</em></td>
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*MW – Meditation Workshop*
Reading List

- Analayo; Satipatthana, The direct path to realization; Sri Lanka, Buddhist Publication Society, 2003.