

Undergraduate Course offered by Centre of Buddhist Studies in 2022-23
ELECTIVE COURSE
(OPEN TO ALL FACULTIES)

BSTC2022 Evolution of Buddhist Meditation

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TA: Ven. Sumana

Lecture Schedule

Time: Every Thursday from 4:30pm-6:20pm
Venue: CPD 1.24

Meditation Workshop (Compulsory)

Date: to be provided
Time: 7pm – 8:30pm
Venue: to be provided

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 and workshop.

In order for students to gain both a theoretical and practical understanding about the different types of meditation, this class will include weekly lecture and four Meditation Workshops.

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 and handle emotions
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 a meditation method.

Assessments

1. Participate in the **Meditation Workshop and complete four weekly meditation logs** to be submitted one week after each weekly workshop (30% of overall grade).
2. **Commentary:** 2500-3000 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 meditation taught in the class. (70% of overall grade).

Submission

Meditation Logs

-Hand in hardcopy in class one week after each weekly workshop

Commentary

-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

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)

Faculty Grade Expectations: 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: <http://arts.hku.hk/current-students/undergraduate/assessment/plagiarism>

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 the Meditation Log

1. Honest and factual record of your daily meditation experience
2. Brief description of your experience and reflection

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, you should also explain why you choose that particular section.
2. Divide the text into sections with appropriate heading.
3. Paraphrase and elaborate on the meaning of each paragraph of the text.
4. Your own learning and experience while doing this assignment.
5. 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.

<u>Lesson</u>	<u>Topic</u>	<u>Content and Discussions</u>
L1	How did the historic Buddha practice meditation?	<i>Dvedhavitakka Sutta</i> : Two Sorts of Thinking <i>Nagara Sutta</i> : The City
L2	Mindfulness practice, the most popular form of Buddhist meditation in the 21 st Century	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.
L3	The fundamental of Buddhist meditation, and <i>the Satipatthana Sutta</i>	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

L4	<i>The Satipatthana Sutta</i>	Mindfulness and Contemplation of Feeling
L5	<i>The Satipatthana Sutta</i>	Mindfulness and Contemplation of mind and Dharma
L6	<i>Visuddhimagga, the Path of Purification</i>	Study of the Description of Concentration – Taking a meditation subject and the Earth Kasina
L7	<i>Visuddhimagga, the Path of Purification</i>	Study of the Description of Concentration—, the Recollection of the Buddha and Loving Kindness meditation
L8	<i>Integrating Buddhist theories and practices into group-based interventions</i>	Interventions with both the theoretical model and program content falling within the Buddhist context: Cognitively-based Compassion Training (CBCT) and Awareness Training Program (ATP)
L9	Sūtra of the Explanation of the Profound Secrets 解深密經	Chapter on Analyzing Yoga
L10	Sūtra of the Explanation of the Profound Secrets 解深密經	Chapter on Analyzing Yoga
L11	The Sixth Patriarch Platform Sutra 六祖壇經	Selected readings
L12	Inquiry of <i>hua-tou, the Chinese ch'an practice</i>	The teaching from Ch'an Master Empty Cloud

Reading List

- Analayo; Satipatthana, The direct path to realization; Sri Lanka, Buddhist Publication Society, 2003.
- Bhikkhu Nanamoli, Satipatthana Sutta, The Foundations of Mindfulness; Majjhima Nikaya 10; London, Wisdom Publications, 1995.
- Broughton, Jeffrey L.; The Bodhidharma Anthology, Berkeley, University of California Press, 1999.
- Buddhaghosa Bhadantacariya, tran. Bhikkhu Nanamoli, The Path of Purification (Visuddhimagga), Singapore, Singapore Buddhist Meditation Centre, 2001.
- Cleary, Thomas, tran., Buddhist Yoga, A comprehensive course; Boston & London, Shambhala, 1995.
- Empty Cloud, The Autobiography of the Chinese Zen Master Xu Yun, translated by Charles Luk, Revised and Edited by Richard Hunn. Huineng, Buddhist Text Translation Society, tran.
- Huineng, tran., McRae, John R; The Sixth Patriarch's Dharma Jewel Platform Sutra, California, Bukkyō Dendō Kyōkai and Numata Center for Buddhist Translation and Research, 2000.
- Kabat-Zinn, Jon, Wherever you go, there you are: Mindfulness meditation in everyday life:

Hyperion, 1994.

- Kabat-Zinn, Jon, Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness: Random House, 2009.
- Keenan, John, Scripture on the Explication of the Underlying Meaning, Berkeley: Numata Center, 2000.
- Negi, L. T., Cognitively-Based Compassion Training Manual, Emory. Accessed March 13, 2019. <https://tiber.emory.edu/>.
- Nyanaponika Thera, The Heart of Buddhist Meditation. Kandy, Sri Lanka: Buddhist Publication Society, 1996.
- Ozawa-de Silva, B., Dodson-Lavelle, B., Raison, C.L., and Negi, L.T.. Compassion and Ethics: Scientific and Practical Approaches to the Cultivation of compassion as a Foundation for Ethical Subjectivity and Well-Being. Journal of Healthcare, Science & the Humanities, 2011.
- Pace, T.W.W., Negi L.T., Adame, D.D., Cole, S.P., Sivilli, T.I., Brown, T.D., Issa, M.J., & Raison, C.L., Effect of compassion meditation on neuroendocrine, innate immune and behavioural responses to psychosocial stress. Psychoneuroendocrinology, 2008.
- Powers, John, Wisdom of Buddha: The Samdhinirmochana Sutra, Berkeley: Dharma Publishing, 1995.
- Reynolds, John; The Golden Letters: the Tibetan Teachings of Garab Dorje, First Dzogchen Master, New York, Snow Lion, 1996.
- Segal, ZV, JMG Williams, and JD Teasdale, Mindfulness-based cognitive therapy for depression: A new approach to relapse prevention. New York: Guilford, 2002.