

Undergraduate Course offered by Centre of Buddhist Studies in 2026–27
ELECTIVE COURSE
(OPEN TO ALL FACULTIES)

BSTC2025 EARLY BUDDHIST PHILOSOPHY

LECTURER

Dr. Jnan NANDA

Email: jnan@hku.hk

Office hours: TBA by appointment

Class day, time & venue: to be confirmed

Offering semester: Sem – 1

DESCRIPTION

This course introduces students to the fundamentals of Buddhist philosophy as preserved in the Chinese *Āgamas* and Pāli *Nikāyas* which are considered among the earliest Buddhist literature. We will offer a description of the religious and philosophical milieu in which Buddhism arose in order to show how the polarization of intellectual thought into spiritualist and materialist ideologies gave rise to Buddhism. The following central topics will be discussed critically and analysed for presenting the epistemological, metaphysical and ethical foundation of Buddhist philosophy — dependent arising, an analysis of mind, moral theory and practice, the doctrine of non-self, and the conceptualization of *nibbāna*.

COURSE OBJECTIVES

This course aims to introduce the fundamental teachings in early Buddhist philosophy and guide students to establish a solid foundation in Buddhism. With the exploration of the intellectual and religious background where Buddhism was introduced, the course also aims to guide students to understand the uniqueness of the key early Buddhist doctrines and their differences from the contemporary religions in ancient India during the time of the Buddha.

LEARNING OUTCOMES

At the conclusion of the course, students should

- have a general idea of the background where Buddhism was introduced.
- be able to identify and explain the fundamental philosophical Buddhist teachings.
- know the basic differences among the fundamental Buddhist doctrines and doctrines of other Indian religions.
- be able to explain the early Buddhist perspectives on the individual and the world.
- be able to use the fundamental Buddhist teachings in analysing daily life issues and finding solutions.

TEACHING AND LEARNING METHODS

Lectures, discussions and video clip viewings

DISABILITY

Students who have documented disability from CEDARS and require special arrangements (seating, testing, etc.) are advised to inform the course teacher in person at the beginning of the course and submit (by email) the relevant supporting documents.

POLICY ON THE USE OF ELECTRONIC DEVICES IN THE CLASS

- This course is a mobile free course (zone). The use of mobile phones is not allowed in the lectures throughout the course.
- We will practice the art of being present during lectures to get the best out of the course.
- Students are encouraged to use their laptops and i/Pads to refer to the lecture materials and to take down notes only.

COURSE ASSESSMENTS

10% Participation

25% Quiz 1. **Date to be announced.**

25% Quiz 2. **Date to be announced.**

40% Critical essay (2,500 words, excluding bibliography). **Submission date to be announced.**

LECTURES

Lecture 1: The birth of Buddhism and its religious and philosophical background

We will discuss the course syllabus and explore the religious and philosophical background where Buddhism was introduced.

Lecture 2: Buddhism as a philosophy

We will attempt to understand the Buddha as a philosopher, and his teachings as a philosophy which is compatible with our daily lives irrespective of time and place.

Lecture 3: The four noble truths: diagnosing the human condition

We examine how the Buddha diagnoses the true condition of human nature with the four noble truths, which explains that there is suffering in our lives, there are causes to those sufferings and they could be eradicated by following a proper method.

Lecture 4: The universal characteristics of existence: *anicca, dukkha, anatta*

Students will explore the real nature of phenomenal existence with the Buddhist teachings on impermanence, dissatisfaction and non-Self. Students will learn how things are conditioned by various causes and conditions, their constant nature of change leading to dissatisfaction, and are without an everlasting entity.

Lecture 5: The interconnected world: the theory of dependent co-arising

We will examine the theory of dependent co-arising which explains that nothing exists independently, everything is dependent on various causes and conditions.

Lecture 6: Karma and rebirth in early Buddhism

In our sixth lecture, we will learn about the Buddhist doctrine of karma and rebirth, and examine how it is different from the doctrines of karma and rebirth taught by other religions in ancient India during the time of the Buddha.

Lecture 7: Buddhist analysis of mind

We will examine how early Buddhism analyses the mystery of the mind by exploring the related early Buddhist discourses and their related contemporary scholarly works.

Lecture 8: Buddhist theory of knowledge

we will explore the means of knowledge the Buddha has rejected and examine the means of knowledge he has recommended.

Lecture 9: The conceptualization of *nibbāna*

We will study about the highest spiritual attainment or emancipation (*nibbāna*) in Buddhism by exploring the Buddhist definition of *nibbāna* and how it differs from the emancipations presented by other Indian religions.

Lecture 10: Social philosophy in early Buddhism: an overview

students will be introduced to several discourses taught by the Buddha for their welfare of the lay people.

Lecture 11: Buddhist philosophy of happiness

We will explore and examine various kinds of happiness taught by the Buddha.

Lecture 12: Review, discussion, reflection and sharing

Critically review and discuss the key fundamental Buddhist teachings taught in the course. Students will reflect on the teachings that most interest them and share their insights with the entire class.

REQUIRED READINGS (read at least two readings for each lecture)

Lecture 1:

- Harvey, Peter. 2013. "The Buddha and his Indian Context" in *An Introduction to Buddhism: Teachings, History and Practices*. Cambridge: Cambridge University Press. pp. 8–31.
- Hirakawa, Akira. 1990. "Indian Religion at the Time of the Buddha" in *Indian Buddhism: From Śākyamuni to Early Mahāyāna*. Hawaii: University of Hawaii Press. pp. 13–19.
- Karunadasa, Y. 2017. "The Birth of Buddhism" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 13–22.
- Warder, AK. 2004. "India in the time of the Buddha" in *Indian Buddhism*. Delhi: Motilal Banarsidass Publishers Private Limited. pp. 27–42.

Lecture 2:

- Gowans, Christopher W. 2003. "The Buddha's teaching as a philosophy" in *Philosophy of the Buddha*. London and New York: Routledge. pp. 1–60.
- Kalupahana, David. J. 2006. "Indian Philosophy and the Search for Ultimate Objectivity" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 3–21.
- Laumakis, Stephen J. 2013. "The Philosophical Context of Gotama's Thought" in *A Compendium of Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 13–27.
- Premasiri, P.D. 2006. "Buddhism: Philosophy as a way of life" in *Studies in Philosophy and Religion*. Singapore and Sri Lanka. pp. 101–118.

Lecture 3:

- Bhikkhu, Thanissaro. 1993. *Dhammacakkappavattana Sutta: Setting the Wheel of Dhamma in Motion*. Access to Insight.
<https://www.accesstoinsight.org/tipitaka/sn/sn56/sn56.011.than.html>.
- Bodhi, Bhikkhu. 2016. *The Noble Eightfold Path: The Way to End of Suffering*. Kandy: Buddhist Publication Society.
- Gethin, Rupert. 1998. "Four Truths: The Disease, the Cause, the Cure, the Medicine" in *The Foundations of Buddhism*. Oxford and New York: Oxford University Press. pp. 59–84.
- Gowans, Christopher W. 2003. "The nature, origin, and cessation of suffering" in *Philosophy of the Buddha*. London and New York: Routledge. pp. 117–158.
- Gowans, Christopher W. 2003. "The way to the cessation of suffering" in *Philosophy of the Buddha*. London and New York: Routledge. pp. 159–200.
- Harvey, Peter. 2013. "Early Buddhist Teachings: The Four Realities for the Spiritual Ennobled" in *An Introduction to Buddhism: Teachings, History and Practices*. Cambridge: Cambridge University Press. pp. 50–87.

- Kalupahana, David. J. 2006. “The Problem of Suffering” in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 85–89.
- Karunadasa, Y. 2017. “Diagnosis of the Human Condition” in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 69–78.

Lecture 4:

- Gethin, Rupert. 1998. “No Self: Personal Continuity and Dependent Arising” in *The Foundations of Buddhism*. Oxford and New York: Oxford University Press. pp. 133–162.
- Gowans, Christopher W. 2003. “The not-self doctrine” in *Philosophy of the Buddha*. London and New York: Routledge. pp. 61–103.
- Hamilton, Sue. 2000. “Setting the Scene: We have no Self but we are comprised of five aggregates” in *Early Buddhism: A New Approach*. London and New York: Routledge. pp. 18–32.
- Harvey, Peter. 2004. “The Meaning of Not-Self” in *The Selfless Mind: Personality, Consciousness and Nirvāṇa in Early Buddhism*. London and New York: RoutledgeCurzon. pp. 43–53.
- Karunadasa, Y. 2017. “Non-Self and the Putative Over-Self” in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 35–50.
- Mun-keat, Choong. 2000. “The five aggregates” in *The Fundamental Teachings of Early Buddhism: A Comparative study based on the Sūtraṅga portion of the Pāli Saṃyutta-Nikāya and the Chinese Saṃyuktāgama*. Wiesbaden: Harrassowitz Verlag. pp. 24–72.
- Wijesekera, O.H. de A. 2018. *The Three Signata: Anicca, Dukkha, Anattā*. Kandy: Buddhist Publication Society.

Lecture 5:

- Gombrich, Richard. 2009. “Causation and Non-random Process” in *What the Buddha Thought*. London: Equinox. pp. 129–143.
- Harvey, Peter. 2013. “The Conditioned Co-arising of Mental and Bodily Processes within Life and Between Lives” in *A Companion to Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 46–68.
- Kalupahana, David. J. 2006. “Experience and Theory (*Paṭiccasamuppanna* and *Paṭiccasamuppāda*” in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 53–59.
- Karunadasa, Y. 2017. “Dependent Arising” in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 23–34.
- Mun-keat, Choong. 2000. “Causal condition” in *The Fundamental Teachings of Early Buddhism: A Comparative study based on the Sūtraṅga portion of the Pāli Saṃyutta-Nikāya and the Chinese Saṃyuktāgama*. Wiesbaden: Harrassowitz Verlag. pp. 150–204.

Lecture 6:

- Anālayo, Bhikkhu. 2018. “The Principle of Karma” in *Rebirth in Early Buddhism & Current Research*. Massachusetts: Wisdom Publications. pp. 22–26.
- Harvey, Peter. 2013. “Early Buddhist Teachings: Rebirth and Karma” in *An Introduction to Buddhism: Teachings, History and Practices*. Cambridge: Cambridge University Press. pp. 32–49.
- Kalupahana, David J. 2006. “Karma” in *Karma and Rebirth: Foundations of the Buddha’s Moral Philosophy*. Dehiwala: Buddhist Cultural Centre. pp. 48–69.
- Kalupahana, David J. 2006. “Rebirth (*punabbhava*) and the Five Destinies (*pañca gati*)” in *Karma and Rebirth: Foundations of the Buddha’s Moral Philosophy*. Dehiwala: Buddhist Cultural Centre. pp. 70–83.

Lecture 7:

- Hayes, Richard P. 20013. “Philosophy of Mind in Buddhism” in *A Companion to Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 395–404.
- Heim, Maria. 2013. “Mind in Theravada Buddhism” in *A Companion to Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 377–394.

- Karunadasa, Y. 2025. "Introduction" in *The Buddhist Analysis of Mind*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 1–10.
- Karunadasa, Y. 2017. "Analysis of Mind" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 51–69.
- Rahula, Walpola. "The Buddhist Attitude of Mind" in *What the Buddha Taught*. New York: Grove Press. pp. 1–15.
- Wijesekera, O.H. de A. 2018. *Buddhist Concept of Mind*. Kandy: Buddhist Publication Society.

Lecture 8:

- Harvey, Peter. 2009. "The Approach to Knowledge and Truth in the Theravāda Record of the Discourses of the Buddha" in *Buddhist Philosophy: Essential Readings*. Oxford: Oxford University Press. pp. 175–185.
- Holder, John H. 2013. "A Survey of Early Buddhist Epistemology" in *A Companion to Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 23–240.
- Kalupahana, David. J. 2006. "Knowledge and Understanding" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 30–52.
- Premasiri, P.D. 2007. "Early Buddhist Conception of Ethical Knowledge — A Philosophical Analysis" in *Buddhist Philosophy and Culture: Essays in Honour of N. A. Jayawickrema*. Colombo: N. A. Jayawickrema Felicitation Volume Committee. pp. 37–70.
- Thera, Soma. 1994. *Kalama Sutta: The Buddha's Charter of Free Inquiry*. Access to Insight: <https://www.accesstoinight.org/lib/authors/soma/wheel008.html>.

Lecture 9:

- Collins, Steven. 1998. "The concept of nirvana" in *Nirvana and Other Buddhist Felicities*. Cambridge: Cambridge University Press. pp. 135–190.
- Karunadasa, Y. 2017. "Nibbāna: The Final Goal" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 119–138.
- King, Winston L. 2001. "Nibbāna and Ethical Values" in *In the Hope of Nibbāna*. Seattle: Pariyatti Press. pp. 63–98.
- Silva, Lily de. 2011. *Nibbāna as Living Experience*. Kandy: Buddhist Publication Society.

Lecture 10:

- Abeynayake, Oliver. 2016. "The Basic Buddhist Teachings with Inbuilt Social Welfare" in *The Social and Economic Dimensions of Early Buddhism*. Hong Kong: The Buddha-Dharma Centre of Hong Kong. pp. 3–8.
- Abeynayake, Oliver. 2016. "The Social Significance of the Buddhist Path" in *The Social and Economic Dimensions of Early Buddhism*. Hong Kong: The Buddha-Dharma Centre of Hong Kong. pp. 17–22.
- King, Winston L. 2001. "In Search of a Social Ethic" in *In the Hope of Nibbāna*. Seattle: Pariyatti Press. pp. 219–248.
- Lee, Tien-Feng. 2022. "Introduction" in *Buddhist Ethics for Laypeople: From Early Buddhism to Mahayana Buddhism*. Singapore: Springer. pp. 1–9.
- Warder, AK. 2004. "Buddhism and Society" in *Indian Buddhism*. Delhi: Motilal Banarsidass Publishers Private Limited. pp. 153–194.

Lecture 11:

- Kalupahana, David. J. 2006. "Freedom and Happiness" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 90–99.
- Karunadasa, Y. 2017. "Pursuit of Happiness" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 105–118.
- Lee, Tien-Feng. 2022. "Happiness Here and Now" in *Buddhist Ethics for Laypeople: From Early Buddhism to Mahayana Buddhism*. Singapore: Springer. pp. 29–36.

Premasiri, P.D. 2006. "The Role of the Concept of Happiness in the Early Buddhist Ethical System" in *Studies in Philosophy and Religion*. Singapore and Sri Lanka. pp. 57–76.

Lecture 12:

No readings.

GUIDELINES ON ASSESSMENT TASKS

PARTICIPATION (10%)

- Attendance in all the lectures is mandatory.
- Only two absences in the lectures during the first two weeks (add-drop period) are excused.
- Students are encouraged to arrive in the lectures before lectures commence and leave after the lectures conclude.
- Students seeking leave/s from lectures should apply for leave from the course lecturer by submitting appropriate supporting documents (e.g., medical certificate).
- Participation also includes reading and watching the recommended readings and video clips, engaging actively in the lectures and tutorials throughout the course.

QUIZ 1 and 2 (25% + 25% = 50%)

- Quiz dates: to be confirmed.
- Each quiz will contain 20 (twenty) multiple choice questions.
- Students should arrive in class for the quizzes before 10 minutes.
- Both quizzes will be conducted online (on moodle) in class.
- Students should bring along their electronic devices (laptops and i/Pads) to the class.
- The use of mobile phones is prohibited.
- Students are responsible to make sure their electronic devices work properly.

CRITICAL ESSAY (2,000–2,500 WORDS) (30%)

- Select a topic from the suggested list (to be provided at the beginning of the semester) and write a critical essay.
- In the essay, you should identify and discuss clearly, logically, and critically the relevant Buddhist themes, and incorporate relevant reading material (books, articles, etc.) assigned for this course as well as other academic sources from the library, and insights from the course lectures.
- The essay should be well structured and properly organised. It should include: (a) a descriptive title; (b) an introduction stating clearly the topic of your essay; (c) a structured main body with descriptive and appropriate headings or sections; (d) a conclusion or summary of what you have discussed in your essay; and (e) a list of academic references cited in the essay.
- You should read and cite minimum 5 (five) academic sources (books, book chapters, journal/encyclopaedia articles). Your discussion and citation should show that you have clearly understood the relevant themes which you have discussed in the essay. You should not list sources which are not referenced in your essay. Internet websites, lecture notes, magazines, and non-academic publications do not count towards the minimum sources.
- The essay should be submitted by uploading it in the *Turnitin link* available in course moodle. The submission date to be confirmed. Late submission will incur point deduction.
- In your essay you should clearly mention your full name, as in your HKU registration, your HKU number, course code and the course title, the title of the essay and the number of words.

- The essay should be your original work and should be written by following the Chicago academic style. It should not be written by another person or AI. Essays written by third parties or AI will either receive zero marks or incur point deductions.
- If necessary and if you need to provide additional information (not citations), use footnotes, not endnotes. All references to sources in your essay should be in the text (author/year: page number). Depending on the sentence construction, the citation will appear as Harvey (2013) or (Harvey 2013), or if relevant, (Harvey 2013: 10). Bibliographical entries at the end of your essays should be alphabetically arranged and full information as shown below:
 1. Author's name. 2. Year of Publication. 3. *Title of Source*. 4. Publishing Place; 5. Name of Publisher. 6. Chapter Number or Page Numbers.
 E.g., Harvey, Peter. 2013. "The Buddha and his Indian Context" in *An Introduction to Buddhism: Teachings, History and Practices*. Cambridge: Cambridge University Press. pp. 8–31

For general expectation of student performance at the various grades:

https://arts.hku.hk/wp-content/uploads/2026/02/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>

WRITING CENTRE, COMMUNICATION SUPPORT SERVICES

Students are encouraged to use the services offered by the Writing Centre to improve essay writings. More details are available here: <https://caescss.hku.hk/writing-centre>

FURTHER READINGS

- Abeynayake, Oliver. 2016. "The Basic Buddhist Teachings with Inbuilt Social Welfare" in *The Social and Economic Dimensions of Early Buddhism*. Hong Kong: The Buddha-Dharma Centre of Hong Kong. pp. 3–8.
- Abeynayake, Oliver. 2016. "The Social Significance of the Buddhist Path" in *The Social and Economic Dimensions of Early Buddhism*. Hong Kong: The Buddha-Dharma Centre of Hong Kong. pp. 17–22.
- Abeynayake, Oliver. 2016. "The Five Precepts and their Social Application" in *The Social and Economic Dimensions of Early Buddhism*. Hong Kong: The Buddha-Dharma Centre of Hong Kong. pp. 37–48.
- Anālayo, Bhikkhu. 2018. "The Principle of Karma" in *Rebirth in Early Buddhism & Current Research*. Massachusetts: Wisdom Publications. pp. 22–26.
- Bodhi, Bhikkhu. 2016. *The Noble Eightfold Path: The Way to End of Suffering*. Kandy: Buddhist Publication Society.
- Boisvert, Mathieu. 1995. "The Concept of Khandha" in *The Five Aggregates: Understanding Theravāda Psychology and Soteriology*. Wilfrid Laurier University Press. pp. 15–29.
- Collins, Steven. 1998. "The concept of nirvana" in *Nirvana and Other Buddhist Felicities*. Cambridge: Cambridge University Press. pp. 135–190.
- Emmanuel, Steven M. (Ed.). 2013. *A Companion of Buddhist Philosophy*. Oxford: Wiley-Blackwell.
- Gethin, Rupert. 1998. "Four Truths: The Disease, the Cause, the Cure, the Medicine" in *The Foundations of Buddhism*. Oxford and New York: Oxford University Press. pp. 59–84.
- Gethin, Rupert. 1998. "No Self: Personal Continuity and Dependent Arising" in *The Foundations of Buddhism*. Oxford and New York: Oxford University Press. pp. 133–162.

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- Gowans, Christopher W. 2003. "The not-self doctrine" in *Philosophy of the Buddha*. London and New York: Routledge. pp. 61–103.
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- Gowans, Christopher W. 2003. "The way to the cessation of suffering" in *Philosophy of the Buddha*. London and New York: Routledge. pp. 159–200.
- Gowans, Christopher W. 2003. *Philosophy of the Buddha*. London and New York: Routledge.
- Hamilton, Sue. 2000. "Setting the Scene: We have no Self but we are comprised of five aggregates" in *Early Buddhism: A New Approach*. London and New York: Routledge. pp. 18–32.
- Harvey, Peter. 2013. "The Conditioned Co-arising of Mental and Bodily Processes within Life and Between Lives" in *A Companion to Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 46–68.
- Harvey, Peter. 2013. "The Buddha and his Indian Context" in *An Introduction to Buddhism: Teachings, History and Practices*. Cambridge: Cambridge University Press. pp. 8–31.
- Harvey, Peter. 2013. "Early Buddhist Teachings: Rebirth and Karma" in *An Introduction to Buddhism: Teachings, History and Practices*. Cambridge: Cambridge University Press. pp. 32–49.
- Harvey, Peter. 2013. "Early Buddhist Teachings: The Four Realities for the Spiritual Ennobled" in *An Introduction to Buddhism: Teachings, History and Practices*. Cambridge: Cambridge University Press. pp. 50–87.
- Harvey, Peter. 2004. "The Meaning of Not-Self" in *The Selfless Mind: Personality, Consciousness and Nirvāṇa in Early Buddhism*. London and New York: RoutledgeCurzon. pp. 43–53.
- Harvey, Peter. 2009. "The Approach to Knowledge and Truth in the Theravāda Record of the Discourses of the Buddha" in *Buddhist Philosophy: Essential Readings*. Oxford: Oxford University Press. pp. 175–185.
- Hayes, Richard P. 2001. "Philosophy of Mind in Buddhism" in *A Companion to Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 395–404.
- Heim, Maria. 2013. "Mind in Theravada Buddhism" in *A Companion to Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 377–394.
- Hirakawa, Akira. 1990. "Indian Religion at the Time of the Buddha" in *Indian Buddhism: From Śākyamuni to Early Mahāyāna*. Hawaii: University of Hawaii Press. pp. 13–19.
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- Kalupahana, David J. 2006. "Karma" in *Karma and Rebirth: Foundations of the Buddha's Moral Philosophy*. Dehiwala: Buddhist Cultural Centre. pp. 48–69.
- Kalupahana, David J. 2006. "Rebirth (*punabbhava*) and the Five Destinies (*pañca gati*)" in *Karma and Rebirth: Foundations of the Buddha's Moral Philosophy*. Dehiwala: Buddhist Cultural Centre. pp. 70–83.
- Kalupahana, David J. 2006. "Indian Philosophy and the Search for Ultimate Objectivity" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 3–21.
- Kalupahana, David J. 2006. "Knowledge and Understanding" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 30–52.
- Kalupahana, David J. 2006. "Experience and Theory (*Paṭiccasamuppāna* and *Paṭiccasamuppāda*)" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 53–59.
- Kalupahana, David J. 2006. "The Problem of Suffering" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 85–89.
- Kalupahana, David J. 2006. "Freedom and Happiness" in *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers. pp. 90–99.
- Kalupahana, David J. 2006. *A History of Buddhist Philosophy*. Delhi: Motilal Banarsidass Publishers.

- Karunadasa, Y. 2025. "Introduction" in *The Buddhist Analysis of Mind*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 1–10.
- Karunadasa, Y. 2017. "Dependent Arising" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 23–34.
- Karunadasa, Y. 2017. "Non-Self and the Putative Over-Self" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 35–50.
- Karunadasa, Y. 2017. "Analysis of Mind" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 51–69.
- Karunadasa, Y. 2017. "Diagnosis of the Human Condition" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 69–78.
- Karunadasa, Y. 2017. "The Birth of Buddhism" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 13–22.
- Karunadasa, Y. 2017. "Pursuit of Happiness" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 105–118.
- King, Winston L. 2001. "Nibbāna and Ethical Values" in *In the Hope of Nibbāna*. Seattle: Pariyatti Press. pp. 63–98.
- King, Winston L. 2001. "In Search of a Social Ethic" in *In the Hope of Nibbāna*. Seattle: Pariyatti Press. pp. 219–248.
- Karunadasa, Y. 2017. "Nibbāna: The Final Goal" in *Early Buddhist Teachings*. Hong Kong: Centre of Buddhist Studies, the University of Hong Kong. pp. 119–138.
- Laumakis, Stephen J. 2013. "The Philosophical Context of Gotama's Thought" in *A Compendium of Buddhist Philosophy*. Oxford: Wiley-Blackwell. pp. 13–27.
- Lee, Tien-Feng. 2022. "Introduction" in *Buddhist Ethics for Laypeople: From Early Buddhism to Mahayana Buddhism*. Singapore: Springer. pp. 1–9.
- Lee, Tien-Feng. 2022. "Happiness Here and Now" in *Buddhist Ethics for Laypeople: From Early Buddhism to Mahayana Buddhism*. Singapore: Springer. pp. 29–36.
- Mun-keat, Choong. 2000. "The five aggregates" in *The Fundamental Teachings of Early Buddhism: A Comparative study based on the Sūtraṅga portion of the Pāli Saṃyutta-Nikāya and the Chinese Saṃyuktāgama*. Wiesbaden: Harrassowitz Verlag. pp. 24–72.
- Mun-keat, Choong. 2000. "Causal condition" in *The Fundamental Teachings of Early Buddhism: A Comparative study based on the Sūtraṅga portion of the Pāli Saṃyutta-Nikāya and the Chinese Saṃyuktāgama*. Wiesbaden: Harrassowitz Verlag. pp. 150–204.
- Premasiri, P.D. 2007. "Early Buddhist Conception of Ethical Knowledge — A Philosophical Analysis" in *Buddhist Philosophy and Culture: Essays in Honour of N. A. Jayawickrema*. Colombo: N. A. Jayawickrema Felicitation Volume Committee. pp. 37–70.
- Premasiri, P.D. 2006. "The Role of the Concept of Happiness in the Early Buddhist Ethical System" in *Studies in Philosophy and Religion*. Singapore and Sri Lanka. pp. 57–76.
- Premasiri, P.D. 2006. "Buddhism: Philosophy as a way of life" in *Studies in Philosophy and Religion*. Singapore and Sri Lanka. pp. 101–118.
- Premasiri, P.D. 2006. "Early Buddhism and Philosophy of Religion" in *Studies in Philosophy and Religion*. Singapore and Sri Lanka. pp. 231–244.
- Rahula, Walpola. "The Buddhist Attitude of Mind" in *What the Buddha Taught*. New York: Grove Press. pp. 1–15.
- Silva, Lily de. 2011. *Nibbāna as Living Experience*. Kandy: Buddhist Publication Society.
- Warder, AK. 2004. "India in the time of the Buddha" in *Indian Buddhism*. Delhi: Motilal Banarsidass Publishers Private Limited. pp. 27–42.
- Warder, AK. 2004. "Buddhism and Society" in *Indian Buddhism*. Delhi: Motilal Banarsidass Publishers Private Limited. pp. 153–194.
- Wijesekera, O.H. de A. 2018. *The Three Signata: Anicca, Dukkha, Anattā*. Kandy: Buddhist Publication Society.
- Wijesekera, O.H. de A. 2018. *Buddhist Concept of Mind*. Kandy: Buddhist Publication Society.

Videos

Alan Watts — The Nature of Change - Everything is impermanent <https://www.youtube.com/watch?v=ctoXW9c5zVg>

Buddha's Idea About Impermanence <https://www.youtube.com/watch?v=5-xhbdUSmSk>

Death Is Not The End — Feynman Explains What Physics Says About Dying https://www.youtube.com/watch?v=FXio_ECuH1s

Law of Karma in Buddhism: understanding the basic <https://www.youtube.com/watch?v=cwk9LcN-a8g>

The Laughing Buddha Story | Joy of Enlightenment | Zen Buddhism <https://www.youtube.com/watch?v=goyt8w6wQqM>

Thich Nhat Hanh on Buddhist Essentials: What is Impermanence <https://www.youtube.com/watch?v=lq6XWfpUFzk>

Thich Nhat Hanh on Buddhist Essentials: What is Karma <https://www.youtube.com/watch?v=jU6HdkD8fWU>

Tibetan Buddhist Wheel of Life ~ Samsara Cyclic Existence <https://www.youtube.com/watch?v=5m6Vge2JBfs>