Course Description

This course is an introduction to Buddhism in Practice that have developed within the diverse areas of South and East Asia. Buddhism, one of the major religions of the world, was founded by the Buddha in northern India during the 5th century BC. and eventually spread throughout India and most of Asia. The Buddhist teachings are commonly divided into two main traditions: the Theravada dominant in Sri Lanka, Burma, and Thailand; and the Mahayana found mainly in China, Korea, Japan, and among Tibetan people. In that context, Buddhist experiences can be approached on a broad range from the diverse views in both traditions.

This course will focus particularly on the Buddha’s original teachings from both perspectives of the Mahayana and Theravada traditions while exploring how the Buddha’s original teachings have evolved into the Ch’an/Seon/Zen (禪) tradition in East Asia. We will put more emphasis on its complex forms of practice with investigation of the historical context in which each tradition manifest themselves.

The format of the course will be included lectures, films, discussions, presentations, and meditation practice in class.

Learning Outcomes:
• Understand and appreciate the Buddhist heritage of Asia, and acquaint with important Buddhist beliefs, practices, and figures from ancient times to the present.
• Acquire the basic terminology of Buddhism in order to properly describe Buddhism.
• Obtain the general knowledge of Buddhism; the history and essential teachings of Buddhism with regard to the view of reality, the notion of the self, and ethical principles.
• Experience and compare modes of meditation, especially the Buddha’s Foundation of Mindfulness meditation based on the *Satipattana Sutta* in the Theravada Pali canon and the Korean *Ganhwaseon* practice with a *hwadu* of *Gong-an* in the East Asian Ch’an/Seon tradition.
• With a particular attention to one of the most essential Buddhist scriptures, the *Heart Sutra*, students will be able to awaken Buddhist insight and also be exposed to the ways in which its teaching can permeate life through abiding practice.

**Required Texts**


*Online reading materials:*

• “On Angulimala” in *The Middle Length Discourses of the Buddha*, trans by Bhikkhu Nanamoli and Bhikkhu Bodhi.

**Course Requirements:**

1. Class attendance and participation are essential.
2. Assigned readings should be completed before each class; students are responsible for the course reading materials posted on Blackboard, [http://www.sinc.sunysb.edu/help/bbstudent.html](http://www.sinc.sunysb.edu/help/bbstudent.html).
4. Lecture materials on power points in each class will **not** be posted on Blackboard; students are responsible for their own notes by attending every class.
5. There will be two assignments, two exams and a final term paper; No late assignments, exams or papers are permitted.

**Grading:**

Class attendance and participation: 15%
Two Assignments: 10%
Exam #1: 25%
Exam #2: 25%
Final term paper: 25%
There will be extra credits given in a presentation.

**Course Schedule:** Subject to change.
*Online reading materials*

**Week 1 (Jan 28, 30)**  
Course introduction,  
**Introduction to Buddhist reality,**

Reading: *The Story of Buddhism*, Introduction & Chapter 1, pp1-36

**Week 2 (Feb 4, 6)**  
**The Buddha**

Reading: *The Story of Buddhism*, Chapter 2, pp37-59
Film: *The Life of the Buddha*
Week 3 (Feb 11, 13)  **The Buddha**

Reading: *The Story of the Buddhism*, Chapter 2, pp37-59  
* On Angulimala

Week 4 (Feb 18, 20)  **The Four Noble Truths (1 & 2)**

Reading: *The Story of Buddhism*, Chapter 2, pp37-59  
* Gotama’s Discourse (*Gotama Sutta*)
* No Sign of I, Me, or Mine

Assignment #1 (2/18): A reflection on “Who am I?” (2 pages-double spaced)

Week 5 (Feb 25, 27)  **The Four Noble Truths (3 & 4)**

Reading: *The Story of Buddhism*, Chapter 2, pp37-59  
* How to Meditate
  * Present-Moment Awareness with Breathing (*Anapanasati Sutta*)

Week 6 (Mar 4, 6)  **The Dharma**: The Word of the Buddha,

Reading: *The Story of Buddhism*, Chapter 3, pp103-128

Week 7 (Mar 11, 13)  **The Dharma**: The Word of the Buddha,

Reading: *The Story of Buddhism*, Chapter 3, pp103-128  

Exam #1 (3/13)

Week 8 (Mar 18, 20)  **Spring Break – no class**

Week 9 (Mar 25, 27)  **The Mahayana Buddhism**: the development of Mahayana,

Reading: *The Story of Buddhism*, Chapter 2, pp59-101
Week 10 (Apr 1, 3)  The Mahayana Buddhism: the essential teachings of Mahayana,

Reading:  *The Story of Buddhism*, Chapter 2, pp59-101
  *The Heart of Understanding*, Thich Nhat Hanh.

Assignment #2 (4/1): Describe two issues from *The Heart of Understanding* for a class-discussion (2pages)

Week 11 (Apr 8, 10)  The Sangha: The Buddhist Community,

Reading:  *The Story of Buddhism*, Chapter 4, pp130-204

Clip: *The Monk Story*

Week 12 (Apr 15, 17)  The Sangha: The Buddhist Community,

Reading:  *The Story of Buddhism*, Chapter 4, pp130-204

Week 13 (Apr 22, 24)  Buddhist Enlightenment: Mindfulness meditation (*Satipattana*)

Reading:  *The Story of Buddhism*, Chapter 4, pp206-213 & 242-252
  *Kkaech’im: The Experience of Brokenness*
  *The Foundations of Mindfulness*

Clip: *Operh Windfrey talks with Thich Nhat Hanh*

Week 14 (Apr 29, May 1)  Buddhist Enlightenment: East Asian Ch’an/ Seon Practice

Reading:  *The Story of Buddhism*, Chapter 4, pp206-213, 242-252
  *Hsueh Feng’s What Is It?*
  *Joshu’s Dog*

Clip: *Sanzen - Zen student meets the Zen master*

Exam #2 (May 1)
Week 15 (May 6, 8)  Student' presentations

Final paper due:  May 15 (Thr), 2014
Submit to SafeAssign on Blackboard

DISABILITY SUPPORT SERVICES (DSS) STATEMENT:
If you have a physical, psychological, medical or learning disability that may impact your course work, please contact Disability Support Services, ECC (Educational Communications Center) Building, room128, (631) 632-6748. They will determine with you what accommodations, if any, are necessary and appropriate. All information and documentation is confidential.

[In addition, this statement on emergency evacuation is often included, but not required:
Students who require assistance during emergency evacuation are encouraged to discuss their needs with their professors and Disability Support Services. For procedures and information go to the following website: http://www.stonybrook.edu/ehs/fire/disabilities ]

ACADEMIC INTEGRITY STATEMENT:
Each student must pursue his or her academic goals honestly and be personally accountable for all submitted work. Representing another person's work as your own is always wrong. Faculty are required to report any suspected instances of academic dishonesty to the Academic Judiciary. Faculty in the Health Sciences Center (School of Health Technology & Management, Nursing, Social Welfare, Dental Medicine) and School of Medicine are required to follow their school-specific procedures. For more comprehensive information on academic integrity, including categories of academic dishonesty, please refer to the academic judiciary website at http://www.stonybrook.edu/uaa/academicjudiciary/

CRITICAL INCIDENT MANAGEMENT:
Stony Brook University expects students to respect the rights, privileges, and property of other people. Faculty are required to report to the Office of Judicial Affairs any disruptive behavior that interrupts their ability to teach, compromises the safety of the learning environment, or inhibits students' ability to learn. Faculty in the HSC Schools and the School of Medicine are required to follow their school-specific procedures.