

RELG 221—BUDDHIST MEDITATION IN THEORY AND PRACTICE

**MIND, MATTER, AND MEDITATION:
BUDDHIST CONTEMPLATIVE PRACTICES ACROSS TIME AND SPACE**

Professor Daniel M. Stuart

Class Meetings: Tuesday/Thursday, 10:05–11:20am, Gambrell 302

Office: Close-Hipp 378

Office Hours: TBD

Course Description

What is the mind? What is the body? What is freedom? This course will explore the ways in which Buddhist contemplative traditions in South, Southeast and East Asia have confronted these questions. Emphasis will be on the historical evolution, doctrinal foundations, and monastic and lay regimens associated with Buddhist meditation practices. We will also explore a number of modern meditation traditions, and the question of how traditional models of practice are transformed in a modern context. We will make use of a wide variety of primary and secondary readings as well as visual materials (including films) to attempt to place the historical practices in their cultural, institutional and soteriological contexts.

Grading Breakdown:

Attendance and Participation (40%)

2 Short Papers (20%)

2 Quizzes (20%)

Final Exam (20%)

Required Course Materials:

Gethin, Rupert. *The Foundations of Buddhism*.

Additional pdf readings will be uploaded to Blackboard

Films:

I ♥ Huckabees (2004)

Fearless (1993)

Stay (2005)

Never Let Me Go (2010)

Crazy Wisdom: The Life and Times of Chogyam Trungpa Rinpoche (2011)

Birth (2004)

Important Dates: TBD

Schedule of Weekly Readings and Assignments

Introduction and General Discussion: India, Meditation Practice, Philosophical Discourse

Week 1: The Foundations of Buddhism

The Buddha

Gethin, pp. 1-34

Ñāṇamoli and Bodhi 1995, pp. 253-268.

R. Gimello Handout: "The Date of the Historical Buddha"

Scripture, Language, and Philosophy

Gethin, pp. 35-84

Week 2: The Foundations of Buddhism cont.

Cosmos and Community

Gethin, pp. 85-132

Ñāṇamoli and Bodhi 1995, pp. 677-691.

Film Viewing: I ♥ Huckabees (2004)

Gethin, pp. 133-201

Week 3: Early Buddhist Contemplative Practice

Philosophical and Soteriological Developments; Early Contemplative Practices

Gethin, pp. 224-252

Shaw 2006, pp. 1-38; 76-85

Early Contemplative Practices cont.

Walshe 1995, pp. 67-109; pp. 159-170; pp. 175-180

Mindfulness Outline

Week 4: Early Buddhist Contemplative Practice cont.

Abhidharma and Meditation

Buswell 2005, pp. 1-7

Anuruddha 2000 (AS), pp. 329-366

Quiz #1

Meditation and Death

Bodhi 2000 (SN), pp. 212-215; Horner 1970, pp. 116-150

Film Viewing: Fearless (1993)

Week 5: Developments in Indian Buddhist Contemplative Practices

Developments in Indian Buddhism

Shaw 2009, pp. 140-158

Paper #1 due

The Mahāyāna

Buswell 2004, pp. 492-499; Śāntideva 1996, pp. vii-xxvi and pp. 75-132

Week 6: Living Buddhist Masters

An Extraordinary Life: The Biography of Ajahn Mun (1870-1949)

Mahā Boowa 2004, pp. 3-54

A Long Story

Mahā Boowa 2004, pp. 139-179; pp. 288-316

Week 7: Culture and Practice; Buddhist Contemplative Practices in China: Tian-tai and Chan

Mind, Identity and Identification

Obeyesekere in Kleinman and Good 1985, pp. 134-152

Film Viewing: Stay (2005)

Tiantai Zhiyi's Stopping and Seeing

Luk 1964, pp. 111-160

Week 8: *Dhyāna* in China

Chan Masters in China

Swanson "Ch'an and Chi-kuan"; Stevenson, pp. 45-85 in Gregory 1986

'Chan' Tradition

Yampolsky 1967, pp. 125-183

Week 9: *Dhyāna* in China cont.

Chan and the Gong-an

Quiz #2

McRae, pp. 205-217 in Looi 2002; Bielefeldt, pp. 197-206 in Lopez 1995; Buswell, pp. 75-90 in Looi 2006; Bielefeldt, pp. 220-234 in Tanabe 1999

Teacher, Pupil and Submission to the Dharma

Buswell 2004, pp. 820-826; Lhalungpa 1992, pp. 1-70

Film Viewing: Never Let Me Go (2010)

Week 10: Buddhist Contemplative Practices in Tibet: The Tantrika's Path

Initiation and the Guru

Paper # 2 due

Lhalungpa 1992, pp. 71-145

Storied Meditations

Lhalungpa 1992, pp. 146-200

Week 11: Westward Transmission

The Bodhisattva Path and the Myth of Freedom: Westward Transmission

Trungpa 1976, pp. 19-59; pp. 157-163; pp. 103-156

Film Viewing: Crazy Wisdom: The Life and Times of Chogyam Trungpa Rinpoche (2011)

Buddhist Contemplative Practice in America

Baer 2003, pp. 125-143; Austin pp. 373-407 in Bruya 2010

Week 12: Cowboys and Kasinas

Cowboy Dharma

Ingram 2008, pp. iv-xi; pp. 1-14; pp. 87-131

Film Viewing: Birth (2004)

Cowboy Dharma cont.

Ingram 2008, pp. 132-216

Week 13: A Convergence?

Cowboy Dharma cont.

Ingram 2008, pp. 261-338

Psychology, Therapy and Cognitive Science

Kabat-Zinn 2011, pp. 281-306; Maex 2011, pp. 165-175

Week 14: Review and Final

Review Session

Final Exam

Bibliography

- Anuruddha, Bhikkhu Bodhi, Maha Thera Nārada, Bhadanta Revatadhamma, and Venerable U Silānandam. 2000. *A Comprehensive Manual of Abhidhamma: the Abhidhammattha Sangaha of Ācariya Anuruddha*. Seattle: Buddhist Publication Society Pariyatti Editions.
- Baer, Ruth A. 2003. "Mindfulness Training as a Clinical Intervention: A Conceptual and Empirical Review." *Clinical Psychology* 10:125-143.
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- Gtsaṅ-smyon, He-ru-ka and Lobsang Phuntshok Lhalungpa. 1977. *The Life of Milarepa*. New York: Dutton.
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- Loori, John Daido. 2002. *The Art of Just Sitting: Essential Writings on the Zen practice of Shikantaza*. Boston: Wisdom Publications.
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- Maex, Edel. 2011. "The Buddhist roots of mindfulness training: a practitioner's view." *Contemporary Buddhism* 12:165-175.
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- Shaw, Sarah Dr. 2006. *Buddhist Meditation: An Anthology of Texts from the Pāli Canon*. London and New York: Routledge.
- . 2009. *Introduction to Buddhist Meditation*. London; New York: Routledge.

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