

UGED2331 Buddhism and Human Life
Course Outline (Tentative)

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Course Description

The spread of Buddhism in China has a long history. The incorporation of Buddhism into Chinese culture marked a great success in intercultural dialogue, as the Chinese adopted and modified teachings and wisdom transmitted into

Chinese philosophical wisdom. Buddhism adopts a negative approach of understanding human existence, but its final aim is to transcend nihilism. Topics include:

development of primitive Buddhism, fundamental terminologies of Buddhism, the Buddhist world-view, Buddhist practical methods of wisdom and happiness, Buddhism and science and technology, Zen and practical wisdom of life.

Schedule

1) Introduction

2) Buddhism: A brief history

early Buddhism, Mahāyāna Buddhism, Tantric Buddhism; Pāli, Chinese, Tibetan; Southeast Asia, East Asia, Central Asia, West

3) Suffering

the truth of suffering, kinds of suffering, three poisons, defilements, sin, pessimism

4) Reincarnation

myth of reincarnation, scientific studies, eternal return, cyclic model of universe

5) Illusory life

ignorance, attachment, cause and effect, karma, free will, fate

6) Insight into reality

dependent arising, five aggregates, eighteen realms, impermanence, no-self, emptiness, nihilism, boredom

7) Desire and sex

desire, anger, emotion, asceticism, esoteric practice, sexual yoga

8) Transcending yourself

eightfold path, three learnings, four fruits, enlightenment, wisdom, compassion

9) Final goal

nirvāṇa, life-death sive nirvāṇa, Buddha nature, icchantikas, plants

10) Meditation

samadhi, insight meditation, esoteric practices, brain studies

11) Environment

senses, body, material world, pure land, nature in a Buddhist view

12) Buddhism and contemporary world

inter-religious dialogue, feminist approach

Assessment

Class performance (20%)

Two quizzes (2x20%)

Final paper (40%) around 3,000 words

Recommended readings

Theory

1. Walpola Rahula, Foreword by Paul Demiéville, *What the Buddha Taught* (New York: Grove Press 1962, 1959); Chi 羅睺羅·化普樂著, 顧法嚴譯《佛陀的啓示》(香港: 中華佛教圖書館 1987年)
2. Th.Stcherbatsky (= Shcherbatskoi, F.I.), *The Central Conception of Buddhism and the Word "Dharma"* (London: Royal Asiatic Society 1923); Chi 舍爾巴茨基(俄)著, 立人譯《小乘佛學》(北京: 中國社會科學出版社 1994年)
3. D.Kalupahana, *Buddhist Philosophy: A Historical Analysis* (Honolulu: University Press of Hawaii 1976); Chi 霍韜晦, 陳鈞源譯《佛教哲學：一個歷史的分析》(香港: 法住出版社 1999年)
4. P. Harvey, *An Introduction to Buddhism: Teaching, History and Practices* (Cambridge University Press 1990)
5. P. Williams, *Mahayana Buddhism: The Doctrinal Foundations* (Routledge 1989)
6. A.K.Warder, *Indian Buddhism* (Delhi 1970); Chi 渥德爾著, 王世安譯《印度佛教史》(繁體版: 台北華宇出版社 1988年上、下兩冊; 簡體版北京: 商務印書館 2002年)
7. Hirakawa Akira, translated and edited by Paul Groner, *A History of Indian Buddhism : from Sakyamuni to Early Mahayana* (Asian Studies at Hawaii No. 36, Honolulu: University of Hawaii Press 1990); Chi 平川 彰著, 莊崑木譯《印度佛教史》(台北: 商周出版社 2002年)
8. John Bowker, *The Meanings of Death* (Cambridge University Press 1993), Chapter on "Buddhism"; Chi 約翰·鮑克著, 商戈令譯《死亡的意義》(臺北: 正中書局 1994年), 〈佛教〉章

9. Gedun Chopel, Introduced and Translated by J.Hopkins, with Dorje Yudon Yuthok, *Tibetan Arts of Love: Sex, Orgasm & Spiritual Healing* (Snow Lion Publications 1992); Chi 更敦群培作, 傑佛瑞·霍普金斯與宇妥·多杰玉珍譯注, 陳琴富譯《西藏慾經》(臺北: 大辣出版 2003年)
10. Ian Stevenson, ed., *Twenty Cases Suggestive of Reincarnation*. Charlottesville: University Press of Virginia, 1995, 4th printing.

Dialogue

11. Jean-Francois Revel, Matthieu Ricard, *The monk and the philosopher: a father and son discuss the meaning of life*, translated from the French by John Canti. New York: Schocken Books, c1999; Chi 賴聲川譯《僧侶與哲學家: 父子對談生命意義》(台北: 先覺出版 1999年)
12. Matthieu Ricard and Trinh Xuan Thuan, *The quantum and the lotus: a journey to the frontiers where science and Buddhism meet*. New York: Crown Publishers, c2001.
13. R.Christopher deCharms, with translation by Gareth Sparham, Sherab Gyatso, and Tsepak Rigzin, *Two Views of Mind: Abhidharma and Brain Science* (N.Y.: Snow Lion Publications 1997)
14. J.W.Hayward and F.J.Varela (ed.), *Gentle Bridges Conversations with the Dalai Lama on the Sciences of Mind* (Boston: Shambhala Publications 1992, 1st Conference of “Mind and Life” Series, October 1987); Chi 傑瑞米·海華, 法蘭西斯可·凡瑞拉編, 靳文穎譯《揭開心智的奧秘: 達賴喇嘛與西方科學家就心智與生命的對話》(台北: 眾生文化出版 1996年)
15. Zara Houshmand, Robert B. Livingston, B. Alan Wallace (ed.), *Consciousness at the Crossroads: Conversations with the Dalai Lama on Brain Science and Buddhism* (N.Y.: Snow Lion Publications 1999, 2nd Conference of “Mind and Life” Series, October 1989); Chi 鄭振煌譯《意識的歧路: 達賴喇嘛與六位腦科學家的對話》(台北: 立緒文化出版 2004年)
16. D. Goleman (ed.), *Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions and Health* (Boston: Shambhala Publications 1997, 3rd Conference of “Mind and Life” Series, 1990) ; Chi 丹尼爾·高曼編, 李孟浩譯《情緒療癒: 21世紀的醫療挑戰》(台北: 立緒文化出版 1998年)
17. Francisco Varela (ed.), with contributions by Jerome Engel, Jr. etc ; translated by B. Alan Wallace and Thupten Jinpa, *Sleeping, Dreaming and Dying : an Exploration of Consciousness with the Dalai Lama* (Boston : Wisdom Publications 1997, 4th Conference of “Mind and Life” Series, October 1992);

- Chi 法蘭西斯可·凡瑞拉編, 楊書婷、姚怡平譯 《心與夢的解析: 達賴喇嘛給西方科學的解答》(台北: 四方書城出版 2004年)
18. Daniel Goleman; with contributions by R.J. Davidson etc, *Destructive Emotions: How can We Overcome Them? : A Scientific Dialogue with the Dalai Lama* (New York: Bantam Books 2003, 420 pages, 8th Conference of “Mind and Life” Series, March 2000); Chi 丹尼爾·高曼著, 張美惠譯 《破壞性情緒管理: 達賴喇嘛與西方科學大師的智慧》(台北: 時報出版 2003年)
19. Fabien Ouaki in collaboration with Anne Benson, *Imagine All the People: A Conversation with the Dalai Lama on Money, Politics and Life as it Could be* (Boston: Wisdom Publications 1999); Chi 達賴喇嘛、法比安·瓦奇著, 蕭錦綿譯 《達賴新經: 達賴喇嘛人間對話》(台北: 天下出版 2003年)
20. Dalai Lama..etc, *The Good Heart: A Buddhist Perspective on the Teaching of Jesus* (Boston: Wisdom Publications 1994); Chi 達賴喇嘛著; 楊書婷、張新儀、張敏儀譯 《達賴喇嘛讀聖經: 用善意打開溝通的大門》(台北: 四方書城出版 2002年)
21. Dalai Lama and Clinical Psychologists, *Worlds in Harmony: Dialogues on Compassionate Action* (Berkeley: Parallax Press 1992, Conference at October 1989); Chi 葉文可譯 《慈悲: 達賴喇嘛與八位精神治療、心理輔導界人士的對談》(台北: 立緒文化出版 1996年, 2005年)
22. D.Goleman, R.A.F.Thurman, H.Benson and H.Gardner, *Mind Science: An East West Dialogue* (Boston: Wisdom Publications 1994, Conference at March 1991, MIT); Chi 丹尼爾·高曼編, 靳文穎譯 《心智科學—東西方的對話》(台北: 眾生文化出版 1995年)
23. Dalai Lama and Howard Cutler, *The Art of Happiness at Work* (London: Hodder Mobius 2003); Chi 霍華·卡特勒 《找到工作中的幸福》(台北: 時報出版 2003年)

Biography

24. Paul Williams, *The unexpected way: on converting from Buddhism to Catholicism*. London; New York: T & T Clark, 2002.
25. Lobsang Gyatso (1928-1997), *Memoirs of a Tibetan Lama* (Snow Lion Publications 1998)
26. George B. Dreyfus (1950-), *The Sound of Two Hands Clapping: The Education of a Tibetan Buddhist Monk* (Berkeley: University of California Press 2003)
27. John Blofeld (1913-), *The Wheel of Life: the Autobiography of a Western Buddhist* (London: Rider 1972, 2nd edition)

28. 聖嚴法師 (1930-2009)著《聖嚴法師學思歷程》(臺北市: 法鼓文化事業 1999年)
29. Kenneth Paul Kramer, *The Sacred Art of Dying: How World Religions Understand Death* (USA: Paulist Press 1988); Chi 肯內斯·克拉瑪著, 方蕙玲譯《宗教的死亡藝術：世界各宗教如何理解死亡》(臺北: 東大圖書 1997年), Ch.3 (〈佛教〉章, pp.75-99), Ch.4(〈禪宗〉章, pp.101-120), Ch.5(〈西藏佛教〉章,121-138)
30. Thich Nhat Hanh, *Living Buddha, Living Christ* (New York: Riverhead Books, 1995); Chi一行禪師 著, 薛絢譯《生生基督世世佛：當佛陀與基督相遇》(台北: 立緒文化 1997)