Buddhism: Living a Buddhist way

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Early Spring 2018
Mondays, February 26th - April 9th (no class April 2nd)
1:30 p.m. - 3:30 p.m.
Room 124, Leeds House Building

Abstract:
After the fall of Saigon in 1975 to North Vietnam, millions of Vietnamese people fled the country to find freedom elsewhere. Buddhism which has been rooted in Vietnam since the second century followed its people to the new lands. Today, Buddhist temples are seen everywhere in North America. This course helps you to understand Buddhism, its traditions and sects. Students will be introduced to a Buddhist psychological system known as The Abhidhamma and will learn how this system plays a role in a current healthcare programs, including Mindfulness-based intervention programs which are used to help patients with post traumatic disorders.

Schedule of topics:

Week 1

A brief history of Buddhism: to familiarize students with a 2600 year old religion having its origin in India. The students also study the Tripitaka or the three baskets of Buddhist scriptures. An often asked question such as Buddhism is a religion or a way of life will be discussed.

Suggested readings:

Buddhism: its history and literature by Davids, T. W. Rhys.

Did you know? Your registration in the LinR program allows you to borrow materials from Carleton University’s MacOdrum Library. To receive a temporary borrowing card, visit the circulation desk and identify yourself as a participant of LinR.
Week 2

**Buddhist Traditions and its sects:** two main traditions of Buddhism and its sects are explained thoroughly, special focus is on “Consciousness Only” sect to introduce students to a Buddhist psychology system taught by the Buddha himself. Buddhist rituals according to each tradition and its meaning.

Suggested readings:

*Theravāda Buddhism: a social history from ancient Benares to modern Colombo* by Gombrich, Richard Francis.

*Mahayana Buddhism* by Dutt, Nalinaksha.

*The Pure Land sects of Buddhism* by Blacker, Carmen.

*Naturalness in Zen and Shin Buddhism: Before and Beyond Self-and Other-Power* by Davis, Bret W.

*Zen-brain reflections: reviewing recent developments in meditation and states of consciousness* by Austin, James H.

*Tibetan Buddhism and mystical experience* by Komarovski, Yaroslav.

Week 3

**The Abhidhamma: a Buddhist Psychology:** introducing students to a system of psychology taught by the Buddha during his 45 years of spreading his way of life. Anger, fear, etc. are used as the examples to illustrate how Abhidhamma plays a role in controlling these feelings.

Suggested readings:

*The Role of Fear (Bhaya) in the Nikāyas and in the Abhidhamma* by Giuliano Giustarini, Journal of Indian Philosophy, 10/2012, Volume 40, Issue 5.

Week 4

**The Abhidhamma and Mindfulness-based Intervention Programs:** students are guided to discuss the intervention programs which are currently being used throughout the world to deal with mental health issues.

Suggested readings:

Week 5

**Rebirth or Reincarnation.** Students are explained how Buddhists understand and view these two concepts. A field trip to visit Buddhist Temple in the Ottawa area to see how rituals are performed at the sites.

Suggested readings:

*Tibetan renaissance: Tantric Buddhism in the rebirth of Tibetan culture* by Davidson, Ronald M., 2005.

*Buddhism without Reincarnation? Examining the Prospects of a “Naturalized” Buddhism*, Westerhoff, Jan.

Week 6

Summary of the course and introduce the next higher level of Buddhism courses such as the development of Buddhist Psychology and how it penetrates into our Western life; death according Buddhism and how to deal with it.

**Recommended readings for continued learning:**


**Other interesting resources:** upon request.