

IBC MALAYSIA

'A' Level Diploma in Buddhist Studies

Module TBM:	Theory of Buddhist Meditation: From Early Buddhism to Early Mahāyāna
Lecturer:	Dr Fa Qing, Ph.D.
Commencement:	1 July 2017
Email:	faqing@gmail.com
Webpage:	http://research.thanhsiang.org/IBCM

1. Module Description

A study of Buddhist meditation as an integral part of the Buddhist religious doctrine which is directed to mental purification and liberation. The study will involve Buddhist meditational practices in Early Buddhism (Pāli Nikāya and Chinese Āgama), Theravāda, Sarvāstivāda and Early Mahāyāna, the therapeutic effects and psychological aspects of Buddhist meditation, and the higher reaches of mind in Jhanic experience and their relevance to Buddhist spiritual life.

2. Learning Outcomes

At the end of the module, students are able to

1. Understand Buddhist meditation as an integral part of the Buddhist religious doctrine
2. Examine Buddhist meditational practices in Early Buddhism, Theravāda, Sarvāstivāda and Early Mahāyāna
3. Appreciate the therapeutic effects and psychological aspects of Buddhist meditation, the higher reaches of mind in Jhanic experience and their relevance to Buddhist spiritual life.

3. Module Organization

This module will be taught by way of lectures, reading assignments, class discussion, PowerPoint presentations. The module will be delivered in 45 hours of lectures over a period of 10 weeks. Students have to write an assignment of 1500 words and sit for a 3-hour written examination at the end of each module. Students will be assessed through their class performance, presentation, written assignment and examination.

4. Assessment

Presentation	10%
Assignment	30%
Examination	60%

5. Module Plan

1. Introduction to the course and general survey of the Buddhist Meditation
2. Meditation Instructions in Early Nikāyas and Agāmas I
3. Meditation Instructions in Early Nikāyas and Agāmas II
4. Outline of Meditation Theory in the Theravada Abhidharma
5. Outline of Meditation Theory in the Sarvāstivāda
6. The Sixteen-mode Mindfulness of Breathing
7. The Six-stage mindfulness of breathing
8. Reading Sarvāstivāda Meditation Texts I : Kumarajiva's Meditation Texts
9. Reading Sarvāstivāda Meditation Texts II: Dharmatrāta-dhyāna sūtra
10. Early Mahāyāna Meditation Texts
11. Mahāyāna Meditation Texts
12. Meditation texts in early Chinese Buddhist Schools
13. Application of Meditation Theory in the Modern times
14. Students Presentation
15. Review
16. Examination

6. Requirements

Students are expected to acquire an in-depth knowledge of the topics taught. Class participation by way of Q&A and discussion will be encouraged. A suitable amount of time will be allocated at the end of the course for review and preparation for examination. To be eligible to sit for the examination, the students must attend a minimum of 80% of the scheduled classes, complete a written assignment of 1500 words and deliver a class presentation.

7. Research Topics on Meditation in Early Buddhism

1. Satipaṭṭhānasuttaṃ (M10 or D22)
2. Mindfulness of death (S54. Ānāpānasamyutta, M118: Ānāpānasati Sutta; A10:60 A5:96–98).
3. Meditation on Elements (M28, M62, M140)
4. The six devotional recollections (A1:296–305, A3:70, A6:9–10, A6:25–26, A11:11–13)

5. Loving-kindness (A8:1, A11:15)
6. Serenity and insight (A2:31, A4:92–94, A4:170, A5:73–74, A9:4, A10:54)
7. Mindfulness of death (A6:19–20, A8:73–74)
8. Kasiṇas (ten) (A10:25–26, A10:29)

8. References

Note: There are so many books written on Buddhism meditation. Our studies will be based on reading primary sources: Pali Nikāya, Chinese Āgama, Theravāda Abhidhamma, Sarvāstivāda Abhidharma, Early Chinese translations from Kumārajīva and others.

Early Buddhism (Pali Nikāya and Chinese Āgama) Meditation

Abbreviation

A=Aṅguttara Nikāya.

D=Dīgha Nikāya.

M=Majjhima Nikāya.

S= Saṃyutta Nikāya.

D22 Mahāsatipaṭṭhāna sutta.

M10 Satipaṭṭhānasuttaṃ;

M118 Ānāpānasatisuttaṃ.

“Ānāpānasatisuttaṃ: The Discourse on Mindfulness of In and Out Breathing.” *Majjhima Nikāya – 118*. Translation by Khantijayo Bhikkhu, 2004. Web. 15 Aug. 2014 <http://ahandfulofleaves.files.wordpress.com/2012/08/anapanassatisutta_mn_118.pdf>

Aṅguttara Nikāya. Ed. Dadfasd. PTS, 1991. Bhikkhu Bodhi. trans. *The numerical discourses of the Buddha : a translation of the Aṅguttara Nikāya*. Somerville: Wisdom Publications, 2012.

----. trans. *The Connected Discourses of the Buddha: a new translation of the Saṃyutta Nikāya*. Somerville: Wisdom Publications, 2000.

Bhikkhu Ñāṇamoli and Bhikkhu Bodhi. trans. *The middle length discourses of the Buddha: a new translation of the Majjhima Nikāya*. Somerville: Wisdom Publications, 1995.

Walshe, Maurice. trans. *The long discourses of the Buddha : a translation of the Dīgha Nikāya*. Somerville: Wisdom Publications, 1995.

Early Buddhism: Modern Scholars

Anālayo. *Satipaṭṭhāna: The Direct Path to Realization*. Birmingham: Windhorse Publications, 2003.

Kuan, Tse-fu. *Mindfulness in early Buddhism: new approaches through psychology and textual analysis of Pali, Chinese, and Sanskrit sources*. London: Routledge, 2008.

Theravada Abhidhamma

Gunaratana, Henepola. *A Critical Analysis of the Jhanas in Theravada Buddhist Meditation*. Dissertation. The American University, 1980.

Nyanaponika Thera. *The Heart of Buddhist Meditation: A handbook of mental training based on the Buddha's way*. Kandy: Buddhist Publication Society, 2005.

Sarvāstivāda Meditation

Chan, Yiu-wing. *An English Translation of the Dharmatrāra-Dhyāna-Sūtra—With Annotation and a Critical Introduction*. Dissertation. Hong Kong: The University of Hong Kong, 2009.

Suen, Stephen. *Methods of spiritual praxis in the Sarvāstivāda: A Study Primarily Based on the Abhidharma-mhāvibhāṣā*. Dissertation. Hong Kong: The University of Hong Kong, 2013.

KL., Dhammajoti "The Sixteen-mode Mindfulness of Breathing." *Journal of Buddhist Studies* (2008, Colombo), vol. VI. 251-288.

----. "The doctrine of the six-stage mindfulness of breathing." In Dhammajoti, KL and Karunadasa, Y (Eds.), *Buddhist and Pali studies: in honour of the Venerable Professor Kakkapalliye Anuruddha*, p. 639-650. Hong Kong: University of Hong Kong, 2009.

----. "The Aśubhā Meditation in the Sarvāstivāda." *Journal of Buddhist Studies* (2009, Colombo), vol. VII. 248-295.

Willemsen, Charles. *Outlining the Way to Reflect*. Mumbai: Somaiya Publications, 2012.

Early Mahāyāna/Central Asia/Chinese

Deleanu, Florin. "Mindfulness of Breathing in the Dhyāna Sūtras." *Transactions of the International Conference of Orientalists in Japan (TICOJ)* 37, 1992, 42-57. http://ahandfulofleaves.files.wordpress.com/2012/02/mindfulness-of-breathing-in-the-dhayana-sutra_florin-deleanu_1992.pdf

Bhikshu Dharmamitra. Trans. *The Essentials of Buddhist Meditation*. Seattle: Kalavinka Press, 2009.

Greene, Eric M. "Healing breaths and rotting bones: On the relationship between Buddhist and Chinese meditation practices during the eastern Han and three kingdoms period." *Journal of Chinese Religions*, 42. 2, 145–184, November 2014.
