

IBC MALAYSIA

'A' Level Diploma in Buddhist Studies

Module BPW:	Buddhist Psychology and Wellbeing
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Commencement:	29 January 2018
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1. Module Description

In this module, we will examine the Pali Texts on the fundamental teachings of the Buddha on the nature of the human being, the mind and body. We will study Buddhist principles and investigate the underlying positive and negative forces of the mind based on Buddhist texts, namely the Abhidhamma and the Visuddhimagga that present unique perspectives on individuals and their temperaments. The basic doctrines taught are the 3 characteristics in relation to the Five Aggregates, Theory of Dependent Co-Arising, Karma and Ethics, and the Noble Eightfold Path. The Analysis of Mind in relation to consciousness, mental factors, thought process, cognition, and perception and the body physical elements will be examined. Mindfulness and loving-kindness meditation will be taught. Students will explore one's own mental disposition and temperament and learn to cultivate wholesome positive qualities of the mind leading to psychological wellbeing, happiness and better social relationships.

2. Learning Outcomes

At the end of the module, students are able to

1. Understand the fundamental teachings of the Buddha and its application in psychology and mental health.
2. Explore and experience the characteristics of our mind and body and gain insights into the true nature of mind and body.
3. Identify and examine the causes and conditions of suffering and happiness.
4. Know the differences between Samatha and Vipassana meditation and its relevance to different mental dispositions.
5. Develop a spiritual practice and commit to cultivating a wholesome positive mind that will conduce to wellbeing, happiness and better social relationships.

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

Class Participation	10%
Presentation	10%
Assignment	30%
Examination	50%

5. Module Plan

Mind Training Component: Every lecture will begin and end with 15 minutes of mind training in the experiential contemplation of the theoretical concepts taught in the lecture. Mindfulness, loving-kindness, forgiveness, and gratitude meditation will be explored.

The course proper will be conducted by way of lectures, reading assignments, written assignments, class discussions, and PowerPoint presentations. Lectures will be delivered based on the following topics:

1. 1.1 Introduction to Buddhist Psychology
1.2 Buddha and the Enlightened Mind
2. 2.1 Analysis of the Human Being
2.2 Analysis of Mind and Matter
3. 3.1 Interdependent Co-Arising
3.2 Karma and Ethical Conduct
4. 4.1 Psychology of Buddhist Ethics
4.2 Cultivating the Paramis with Wisdom and Compassion
5. 5.1 Four Foundations of Mindfulness
5.2 Sattipatthana Sutta and Anapanasati Sutta
6. 6.1 Samatha Meditation and Jhanas
6.2 Four Brahmaviharas
7. 7.1 Suffering rooted in Greed, Hatred and Delusion
7.2 Happiness rooted in Generosity, Loving-kindness and Wisdom
8. 8.1 Developing the Noble Eightfold Path in the Mind Stream
8.2 Human Well-being, Positive Psychology and Healthy Social Relationships
9. Presentation and Review
10. Examination

6. Module 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 Early Buddhist Doctrines

As per Module Plan

8. Recommended Reading List

Bodhi, Bhikkhu. *The Connected Discourses of the Buddha: A Translation of the Saṃyutta Nikāya*. Boston: Wisdom Publications, 2000.

Bodhi, Bhikkhu. *The Noble Eightfold Path: Way to the End of Suffering*. Kandy: Buddhist Publication Society, 2007.

Bodhi, Bhikkhu. *The Numerical Discourses of the Buddha: A Translation of the Aṅguttara Nikāya*. Boston: Wisdom Publications, 2012.

Boisvert, Mathieu. *The Five Aggregates: Understanding Theravāda Psychology and Soteriology*. Canada: Wilfrid Laurier University Press, 1995.

De Silva, Padmasiri. *An Introduction to Buddhist Psychology and Counselling*. London and New York: Palgrave Macmillan, 2014.

Harvey, Peter. *An Introduction to Buddhist Ethics*. Cambridge: Cambridge University Press, 2000.

Kalupahana, David J. *Karma and Rebirth: Foundations of the Buddha's Moral Philosophy*. Dehiwala: Buddhist Cultural Centre, 2009.

Kalupahana, David J. *The Principles of Buddhist Psychology*. New York: State University of New York Press, 1987.

Ñānamoli and Bodhi, Bhikkhu. Trans. *The Middle Length Discourses of the Buddha: A Translation of the Majjhima Nikāya*. 4th Ed. Boston: Wisdom Publications, 2009.

Nyanaponika Thera. *The Heart of Buddhist Meditation*. Boston: Weiser Books, 1996.

Nyanatiloka Mahathera. *The Significance of Dependent Origination in Theravada Buddhism*. Kandy: Buddhist Publication Society, 1982.

Rahula, W. *What the Buddha Taught*. London: the Gordon Fraser Gallery Ltd, 1978.

Walshe, Maurice. *The Long Discourses of the Buddha: A Translation of the Digha Nikaya*.
London: Wisdom Publications, 1995.