

HR 2990 Meditation in the Theravada Buddhist Tradition

Fall 2015 Syllabus¹

Meditation practice has a large role in the path of liberation taught in Theravada Buddhism. The core meditation practices of this tradition, mindfulness, concentration, and loving-kindness have their origin in the early Buddhist discourses. This class will examine the context, teachings, and practices of meditation found in these discourses as well as in later Theravada Buddhism, including the modern West.

Class Meetings: Thursdays 2:10 – 5:00 at the Institute of Buddhist Studies / Jodo Shinshu Center, 2140 Durant Avenue, Berkeley, CA 94704, Rm 130

Instructor: Diana Clark dianaclark2020@gmail.com

Textbooks:

- Dan Harris, *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help that Actually Works – A True Story* (New York: Harper Collins), 2014 ISBN: 978-0-06-226543-2
- Anālayo, *Satipaṭṭhāna: The Direct Path to Realization* (Birmingham, UK: Windhorse Publications), 2006 ISBN: 978-1-899579-54-9
- Richard Shankman, *The Experience of Samādhi: An In-depth Exploration of Buddhist Meditation* (Boston: Shambhala), 2008 ISBN: 978-1-59030-521-8
- Additional readings will be provided electronically by the instructor

Evaluation: Class participation, midterm in-class essays and final paper. Students will be asked to make brief presentations, write essays in class and write a research paper due at the end of the course (Dec 18, 2015). More information on the requirements will be provided in class.

Class Schedule

Part 1: Introducing Meditation

Week 1: Sept 10, 2015 - Introduction to Buddhism and meditation

Week 2: Sept 17 - Narrative on one person's introduction to contemporary Western vipassana meditation

- Dan Harris, *10% Happier*: (New York: Harper Collins, 2014),
 - Chapters 5 – 11, Appendix; pp. 85 - 214

¹ This represents the instructor's current thinking. The syllabus may change as the course progresses.

Part 2: Mindfulness

Week 3: Sept 24 - Introducing Theravada Buddhism and Secular Mindfulness

- Kate Crosby, "Introduction" in *Theravada Buddhism: Continuity, Diversity, and Identity* (Oxford: Wiley Blackwell, 2014)
- Jeff Wilson, *Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture* (Oxford: Oxford University Press, 2014)
 - Ch 1: Mediating Mindfulness: How Does Mindfulness Reach America?
 - Ch 2: Mystifying Mindfulness: How is Mindfulness Made Available for Appropriation?
 - Ch 3: Medicalizing Mindfulness: How is Mindfulness Modified to Fit a Scientific and Therapeutic Culture?
- Lynette Monteiro, R. Musten & J. Compson (2015). Traditional and contemporary mindfulness: finding the middle path in the tangle of concerns. *Mindfulness*, 6, 1–13.

Week 4: Oct 1 - Mindfulness in the Buddhist scriptures

- Sarah Shaw, Ch. 1 "Introduction" in *Buddhist Meditation: An Anthology of Texts from the Pali Canon* (London: Routledge, 2006)
- Bhikkhu Bodhi, "What Does Mindfulness Really Mean? A Canonical Perspective" *Contemporary Buddhism* (2011) 12:01, p. 19-39
- Anālayo, Chapter 3, "Sati" in *Satipaṭṭhāna: The Direct Path to Realization* (Birmingham, UK: Windhorse Publications, 2006)
- Gil Fronsdal, Study Guide for MN 118
- Mindfulness of Breathing (MN 118, *Anāpānasati Sutta*)
- Gil Fronsdal, Study Guide for MN 119
- Mindfulness of the Body (MN 119, *Kāyagatāsati Sutta*)

Week 5: Oct 8 - Satipaṭṭhāna Sutta I

- Anālayo, *Satipaṭṭhāna: The Direct Path to Realization* (Birmingham, UK: Windhorse Publications, 2006)
 - Translation of the *Satipaṭṭhāna Sutta*
 - Ch 1: General Aspects of the Direct Path
 - Ch 2: The "Definition" Part of the Satipaṭṭhāna Sutta
 - Ch 5: The Satipaṭṭhāna Refrain

Week 6: Oct 15 - Satipaṭṭhāna Sutta II

- Anālayo, Chapters 6, 7, 8 in *Satipaṭṭhāna: The Direct Path to Realization*
 - Ch 6: Body
 - Ch 7: Feelings
 - Ch 8: Mind

Week 7: Oct 22 – Satipaṭṭhāna Sutta III

- Anālayo, Chapters 9 - 12 in *Satipaṭṭhāna: The Direct Path to Realization*
 - Ch 9: Dhammas: The Hindrances
 - Ch 12: Dhammas: The Awakening Factors
 - Ch 15: Conclusion

Week 8: Oct 29 – Reading Week

Week 9: Nov 5 - Meditation and Buddhist soteriology

- Sarah Shaw, *Buddhist Meditation: An Anthology of Texts from the Pali Canon* (London: Routledge, 2006)
 - Ch 2: Meditation: Introductory Texts
 - Ch 4: *Sāmaññaphala Sutta* (Fruits of the Recluse Life)

Part 3: Concentration

Week 10: Nov 12 - Concentration practice and the role of concentration described by Dharma teachers

- Natalie Quli, “Multiple Buddhist Modernisms: Jhāna in Convert Theravāda” *Pacific World Journal* 10.1 (2008): 225-249.
- Richard Shankman “Interviews with Contemporary Meditation Teachers” in *The Experience of Samādhi: An In-depth Exploration of Buddhist Meditation* (Boston: Shambhala, 2008)
 - Interviews with: Jack Kornfield, Sharon Salzberg, Ajahn Brahmavaṃso
- Jack Kornfield, *Living Dharma: Teachings and Meditation Instructions From Twelve Theravada Masters* (Boston: Shambhala, 2010)
 - Ajahn Chah, Mahasi Sayadaw, Ajahn Naeb, U Ba Khin, Ajahn Dhammadaro, Jack Kornfield

Week 11: Nov 19 - Scriptural descriptions of concentration practice

- Richard Shankman “Samādhi in the Pali Texts” in *The Experience of Samādhi: An In-depth Exploration of Buddhist Meditation* (Boston: Shambhala, 2008)
 - Ch 1: Samādhi in the Pali Suttas
 - Ch 2: Jhāna in the Pali Suttas
 - Ch 3: Samādhi in the Visuddhimagga
 - Ch 4: Controversies Surrounding Samādhi

Week 12: Nov 26 – Thanksgiving holiday

Part 4 Loving-kindness

Week 13: Dec 3 - Lovingkindness: Learnings from dharma teachers and scientists

- Sharon Salzberg, 1995 *Loving Kindness: The Revolutionary Art of Happiness* Ch 2-5 (Boston: Shambhala), pp. 18-82
 - Ch 2: Relearning Loveliness
 - Ch 3: Facets of Lovingkindness
 - Ch 4: Hindrances to Lovingkindness
 - Ch 5: Working with Anger and Aversion
- Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). Loving-kindness and compassion meditation: Potential for psychological interventions. *Clinical Psychology Review*, 31, 1126-1132.

Week 14: Dec 10 - Lovingkindness: Scriptural passages

- “Loving Kindness” in the *Visuddhimagga*: Ch IX
- Sarah Shaw, Ch. 10 “Four Divine Abidings” in *Buddhist Meditation: An Anthology of Texts from the Pali Canon* (London: Routledge, 2006)

Week 15: Dec 17 - Brahmaviharas: According to a Dharma teacher and scriptural passages

- Sharon Salzberg, *Loving Kindness: The Revolutionary Art of Happiness* Ch 7 - 9 (Boston: Shambhala, 1995), pp. 102 – 153
 - Ch 7: Developing the Compassionate Heart
 - Ch 8: Liberating the Mind Through Sympathetic Joy
 - Ch 9: The Gift of Equanimity
- “The Divine Abidings” in *Visuddhimagga*: Ch IX (pp. 308 – 320)
 - Compassion
 - Gladness [Sympathetic Joy]
 - Equanimity
 - General