Rel 470/570  BUDDHIST WISDOM TEXTS
A repeatable course

This Spring we focus on texts written as guides to contemplative practice, an opportunity to read and reflect together on some of the most brilliant, beautiful, philosophical or poetic contemplative materials from the Buddhist tradition. Meditation based on some of these will be part of the course, both in and out of class. We will also consider select current research in contemplative science. Through reflecting on the readings and our own experience of their instruction, as well as third-person accounts emerging from neuroscience, we will inquire into the rich relationship between first, second, and third person approaches to this material, that is, among our own first-person experience, the instructional texts as well as the questions we ask each other being second person, and the scientific material a key example of third person accounts.

Class time will be spent largely in discussion of our readings, and will also include guided or silent meditation, some video material and lecture time. Each student will prepare a few minutes of discussion on a selection from the week’s reading, and will make at least two 15-20 minute presentations during the semester. There will be room in the syllabus for you to pursue readings and initiate class discussion in areas of interest that develop during the semester.

Some basic background in Buddhism or other contemplative tradition is assumed. Questions...please contact me! ack@rice.edu

Detailed syllabus available in class and posted on Owlspace next week.

Stages of the Path Most Briefly:

*Stages of Meditation: Nyingma’s Nine Vehicles and Geluk Lam Rim*
Week 1 Jan 14  Introducing the Longchenpa’s *Seven Trainings for Dzogchen* (handout)

Week 2 Jan 21
Further reflection on Longchen’s *Seven* and close reading of Jigme Lingpa’s commentary on it (Handout)
  Recommended: Short Bios of Longchenpa and Jigme Lingpa (PDFs)
  Student reflection

Week 3 Jan 28
A. Concluding Reflections on Longchenpa/Jigme Lingpa

  *B. The Great Treatise (Lam Rim)* Foreward & Intro Prologue Skim35-43.
  Read 45-67"How to Listen to and Explain the Teachings”
C. Griffiths, *Religious Reading* pp.3-21 (report, discussion)

**Week 4  Feb 4 Lam Rim 69-116**

"Relying on a Teacher," The Meditation Session, "Refuting Misconceptions about Meditation"

We'll watch segments of the Dalai Lama introducing *Lam Rim* 

*Words* "how to follow a Spiritual Friend"

And also 5 mintues Bob Thurman

https://www.youtube.com/watch?v=3R_lz2UzakM 

*Words of My Perfect Teacher* Prologue, Prologue, 7-18

Student reflection

**Week 5  Feb 11**

*Lam Rim* 117- 175 Human Life of Leisure and Opportunity, 

Three types of persons, Mindfulness of Death, Reflecting on Your Future Life

*Words* 19-59 Human Life/Freedoms & Advantages; impermanence Of life, 

Recommended: *Reflections on Silver Lake*

Discussion: Compare with Longchenpa/Jigme Lingpa,

Insights from Griffiths

**Week 6  Feb 18**

*Lam Rim* 177-246 with emphasis on 177-214 Going for Refuge, 

Varieties of Karma 

*Words* 61-134 Defects of Samsara, Actions, Cause and Effect, 

Benefits of Liberation

*Words* 171-192 Refuge 

Rec, Ken McLoed *Wake up to your Life*, Karma & Dismantling Belief  

p. 127-205 (this relevant for next several weeks as well) 

Report from Neuroscience! (Renee?)

**Week 7  Feb 25**

*Lam Rim* 247-313 with emphasis on 261-263 and 289-213 

Cultivating ethical behavior, attitude of a person of small capacity, 

8 types of suffering, 6 types of suffering, further meditations on suffering, origin of suffering 

*Words*

*Spring Break No Class Mar 4* 

**Week 8  Mar 11 Lam Rim 315-353, emphasize 341-353 Twelve** 

factors of dependent arising, 

Nature of the Path to Liberation, Nature of the three trainings 

Griffiths, *Reading* 22-59 

**Student Paper Reports**
Week 9 Mar 18 BODHICITTA

Lam Rim Vol. 2 pp. 13-60 (c.f. also Shantideva)
Words 195-261
Anne “The Four Immeasureables” (PDF)
Ken, Wake Up to Your Life, “The Four Immeasureables” 243-272

Week 10 Mar 25 Lam Rim 61-141; emphasis 101-126 (Training & Generosity)
Ritual for Adopting the Spirit of Enlightenment,
Maintaining the spirit of enlightenment, intro to the six perfections,
Training in the Mahayana, Perfection of generosity
Rec. Wake Up to Your Life, 272-312
Contemplative Science on compassion

Week 11 April 1 (Before Easter, no Thursday classes)
Lam Rim 143-224; emphasis on Perfections of
Meditative Stabilization and Wisdom
c.f. Shantideva and Dalai Lama, Perfecting Wisdom

Week 12 April 8
BUDDHANATURE (Uttara Tantra/Sublime Continuum/Mindstream Sublime) pp. 17-52; 79-150

Week 13 April 15 TANTRA & EMPTINESS
Words Vajrasattva
Creation & Completion Intro
Guy Newland, Introduction to Emptiness
Tsongkapa’s Middling Exposition of Emptiness

Week 14 April 22 REVIEW AND REFINE AND CATCH UP
Continuing Newland, Introduction
TKP Middling Exposition
Student reports

Exams April 29-May 6th

READINGS:
Longchen Rabjam, Seven Mind Trainings (handout)
Jigme Lingpa, *Stairway to Liberation*, a commentary on Longchenpa’s text (Handout)
Patrul Rinpoche, *Words of My Perfect Teacher*
Tsongkhapa, *The Great Treatise* (especially volumes I and II) “one of the brightest jewels in the world’s treasury of sacred literature.” (Kindle & Hardcover, new & used)
Asanga/Maitreya, *Buddhanature*
Paul Griffiths, *Religious Reading: The Place of Reading in the Practice of Religion* (Selections, pdf)
Harding, Sarah, *Creation & Completion*
Dalai Lama, *Perfecting Wisdom* (sections on the Two truths—review)
Guy Newland, *Introduction to Emptiness: As Taught in Tsongkhapa’s “Great Treatise”* (available in paperback and on kindle
http://www.amazon.com/Introduction-To-Emptiness-Tsong-Kha-Pas-Treatise/dp/1559393327