

CENTRE OF BUDDHIST STUDIES**Junior Level Course:****BSTC1001. The essence of Buddhist teachings (6 credits)**

Buddhism, being a major world religion, is an important cultural heritage of mankind. Its teachings have not only influenced art and philosophy throughout history, but have also become a source of inspiration for contemporary researchers in the fields of psychotherapy, neuroscience and education. This course will systematically introduce to students the essence of Buddhist teachings. Special emphasis will be placed on the core teachings of the Buddha, which include the Four Noble Truths, Dependent Origination, Prajna wisdom, Bodhisattva ideal, etc. and their practical applications.

Assessment: 100% Coursework

Senior Level Course:**BSTC0001. Making sense of Ch'an (Zen) (6 credits)**

To many people, Ch'an (禪) has an aura of unspeakable romanticism. This course will examine the position of Ch'an within the more comprehensible framework of orthodox Buddhist Teachings, its development in Chinese history, the patriarchs (祖師) and the influences of Ch'an on Chinese thought and culture. The beauty and function of Ko'an (公案) and Ch'an poetry (禪詩) will also be studied so that students will get a feeling of the unspeakable romanticism. In addition, the practical usage of Ch'an in daily life will be explored: Ch'an and mind development, Ch'an and self-awareness and how to make Ch'an more accessible to modern society.

Assessment: 100% coursework.

BSTC0002. Life and Buddhism (6 credits)

Buddhism is an ancient eastern religion that entirely focuses on the analysis of human life and offers its unique ways to solve life's problems and achieve happiness. Just as the Buddha said, he taught two things: suffering and the cessation of suffering. In this course, we will examine the Buddhist analysis of and attitude towards life based on its fundamental teachings, and investigate how this ancient wisdom offers us ways to solve problems in our daily life and achieve happiness.

Students are expected to obtain a basic understanding of Buddhist values and attitudes towards life and the Buddhist ways to achieve happiness in life.

Assessment: 100% coursework.