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| **Module name** | Introduction to Eastern Philosophy: The Buddha and Buddhism |
| Language of instruction | English |
| Semester | Winter/Summer |
| Prerequisites | None. Introductory course. |
| Erasmus code | PL\_UMCS\_Phil\_38 |
| Educational outcomes verification methods | Written essay or oral exam |
| Description | The course is an introduction to the most interesting and original forms of Buddhism that appeared in its long history. It approaches Buddhism not as a mass religion or purely theoretical set of ideas but as a philosophical way of life and spiritual exercise, encompassing specific views about reality, psychology, lifestyle, existential condition and especially meditation. Much of the course is devoted to philosophy of the founder of Buddhism - the Buddha himself, and to the earliest form Buddhism. Many ideas of the Buddha and earliest Buddhism were unique and very different from later Buddhist doctrine. To better understand Buddha’s ideas, they will be compared with later forms of Buddhism and non-Buddhist views existing in the times of the Buddha, such as Yoga and Hinduist philosophy. The second part of the course will focus on Chan/Zen Buddhism and its unique ideas about meditation and enlightenment. The course will also explore the parallels between Buddha’s philosophy and Western philosophy, psychology and cognitive science. Final part of the course will explore some XXth century Indian thinkers who despite not being Buddhist, were close to Buddhism. |
| Reading list | ***Bhikkhu Bodhi, 2005. In the Buddha’s Words: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha), Wisdom Publications.*** *Bronkhorst, Johannes. 2012. Absorption: Human Nature and Buddhist Liberation. Paris: University Media.* *Polak, Grzegorz, 2024. Nikāya Buddhism and Early Chan. A different meditative paradigm, Equinox.* *Wynne, Alexander. 2015a. Buddhism: An Introduction. London: IB Tauris.* |
| Educational outcomes |

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| **Knowledge:**W1, has in-depth knowledge of Buddhist philosophy (issues, positions and the most important contentious issues, main arguments) K\_W04, K\_W06, K\_W07, P7U\_W, P7S\_WGW2, knows the views of the most eminent Buddisth philosophers K\_W04, K\_W06, P7U\_W, P7S\_WGW3, knows the basic concepts and appropriate terminology of Buddhist philosophy to an in-depth degree K\_W03, K\_W06, P7U\_W, P7S\_WGW4, understands the specificity of Buddisth philosophy K\_W05, K\_W09, K\_W10, K\_W11, P7U\_W, P7S\_WG, P7S\_WK**Skills**:U1, is able to independently acquire knowledge in the field of history of philosophyEast K\_U02, K\_U13, P7U\_U, P7S\_UW, P7S\_UUU2, is able to communicate in the area of ​​​​the issues discussed in class, using the relevant terminology K\_U03, K\_U05, K\_U14, P7U\_U, P7S\_UK**Social competence:**K1, is aware of the diversity of the cultural heritage of humanity in the field of philosophy, which helps to deepen the understanding of the European specific cultural heritage K\_K02, P7U\_K, P7S\_KO, P7S\_KKK2, sees the connections between the philosophy of the East and philosophy the West, which is conducive to openness and tolerance K\_K02, P7U\_K, P7S\_KO, P7S\_KKK3, is aware of the scope of his knowledge and understands the need for itsimprovement K\_K01, P7U\_K, P7S\_KK |

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| Practice | None |

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| A list of topics | Introduction to the subject Intellectual and cultural background of India in the times of the Buddha Pre-Buddhist and non-Buddhist philosophies and forms of meditation - Yoga Mainstream Buddhist philosophical and meditative ideas. The life of the Buddha The Buddha’s views on reality and psychology. Early Buddhist way of life Meditation in earliest Buddhism Chan/Zen Buddhism: Ideas about reality and psychology Chan/Zen Buddhism: Meditation and Elightenment Buddhism and selected XXth century Indian thinkers  |
| Teaching methods | Lecture |
| Assessment methods | An essay on selected topic or oral exam |