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Fall 9-1-2001

### RELS 233.01: Traditions of Buddhist Meditation

Alan Sponberg

*University of Montana - Missoula*

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## TRADITIONS OF BUDDHIST MEDITATION

This course offers a critical and experiential approach to understanding the role of meditation in the Buddhist tradition. As an *optional* supplement to RELS 232: Introduction to Buddhism, the course is intended for students who are concurrently enrolled in RELS 232 or who have taken that course previously. It is not possible to take this course without taking the Introduction to Buddhism course or its equivalent.

### **Books Available at the Bookstore:**

Kamalashila: *Meditation—the Buddhist Way of Tranquility and Insight*

Ayya Khema: *Who Is My Self* (this will arrive late at the bookstore)

\*RELS 232 FacPac Selection (on reserve at the Library under RELS 232)

**Course Requirements:** You will earn a traditional letter grade for RELS 233 based on:

- **Class attendance:** This is very important because we meet only once a week. Four missed classes will result automatically in an F for the course. Three absences can be made up only by writing a 2000-word essay on a topic arranged with me in advance. If you must miss a class, arrange to attend the parallel class for one of the other two sections.
- **Weekly reports:** Each week you will write and submit a one-page report summarizing your current experience with meditation exercises.. This will be returned with comments and a grade, and you will re-submit them at the end of the semester, so keep them safe.
- **Field-trip reports:** see below

**Field-Trips:** There are two field-trip exercises required for this course, which together are the equivalent of the third weekly class hour. Note that you must complete both field-trip exercises to pass the course.

The first involves visiting—alone or with others from the class—one of the local Buddhist groups active in Missoula and writing a report (300-500 words) on your experience. You will arrange and schedule this visit at your own convenience using the information handout I will provide.

The second field-trip experience involves attending a Buddhist meditation retreat of at least one weekend in length and writing a report (500-750 words). I have arranged with one of the local Buddhist groups to offer a retreat especially designed for participants in this course—on either Oct. 26-28 or Nov. 9-11 at the Forestry School’s Lubrecht Research Facility. You may chose either of these (or—if you check with me first—any other Buddhist retreat available here or elsewhere during the course of the semester).

Your field-trip reports should include:

- 1) what you did, including details of the program and a description of the activities involved;
- 2) your evaluation of and comments on the experience

Further information on these two field-trip exercises will be provided later on a separate hand-out.

## Class Schedule

Week	Dates	Topics	Reading Assignments
1	M: 9/3 W: 9/5 Th: 9/6	***No Class***	
2	M: 9/10 W: 9/12 Th: 9/13	Introduction Basics of Meditation	Kamalashila: pp. 3 - 9 Khema: pp. vii -14
3	M: 9/17 W: 9/19 Th: 9/20	Working with the Breath Posture	Kamalashila: pp. 121 - 145 Khema: pp. 15 - 25
4	M: 9/24 W: 9/26 Th: 9/28	Mindfulness of Breathing	Kamalashila: pp.13 - 22 **"Why Meditate" "The Practice of Recollection"
5	M: 10/1 W: 10/3 Th: 10/4	Meditation in Everyday Life Walking Meditation	Kamalashila: pp. 37 - 51; 231-233
6	M: 10/8 W: 10/10 Th: 10/11	Loving Kindness 1 (Metta-bhavana)	"Facets of Lovingkindness" (electronic reserve on ERes)
7	M: 10/15 W: 10/17 Th: 10/18	Loving Kindness 2 (Metta-bhavana)	Kamalashila: pp. 23 - 36
8	M: 10/22 W: 10/24 Th: 10/25	Hindrances to Meditation	Kamalashila: pp. 51 - 60 Khema: pp. 27-37
	10/26-28	<b>Lubrecht Retreat (Fri-Sun)</b>	
9	M: 10/29 W: 10/31 Th: 11/1	Antidotes to the Hindrances	Kamalashila: pp. 237-262
10	M: 11/5 W: 11/7 Th: 11/8	Levels of Consciousness	Kamalashila: pp. 63 - 66 Khema: pp. 39 - 63
	11/9-11	<b>Lubrecht Retreat (Fri-Sun)</b>	
11 note change	W: 11/14 Th: 11/15 M: 11/19	Access Concentration	Kamalashila: pp. 66 - 70 Khema: pp. 65 - 79
12	M: 11/26 W: 11/28 Th: 11/29	Working in Dhyana	Kamalashila: pp.161 - 176 Khema: pp. 81 - 104
14	M: 12/3 W: 12/5 Th: 12/6	Cultivating the Dhyanic Factors	Kamalashila: pp. 70 - 99 Khema: pp. 117 - 128
15	M: 12/10 W: 12/12 Th: 12/13	Samatha and Vipassana meditation	Kamalashila: pp. 177 - 189 Khema: pp. 129 - 168