

# COURSE DETAIL

## BUDDHIST PSYCHOLOGY AND MENTAL CULTIVATION

**Country**

Hong Kong

**Host Institution**

University of Hong Kong

**Program(s)**

University of Hong Kong

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Religious Studies Psychology

**UCEAP Course Number**

107

**UCEAP Course Suffix****UCEAP Official Title**

BUDDHIST PSYCHOLOGY AND MENTAL CULTIVATION

**UCEAP Transcript Title**

BUDDHIST PSYCHOLOGY

**UCEAP Quarter Units**

5.00

**UCEAP Semester Units**

3.30

**Course Description**

This course examines Buddhist discourses on the nature and operation of the mind. The course studies basic Buddhist principles and diverse practices of mental cultivation based on ancient Buddhist texts and manuals that present unique perspectives on individual, family, and society at large and world. The main topics covered include psychology of dhamma and the theory of “dependent co-arising”, relation between mind and body, sensory perception and obsession, intentional actions and human well being, positive thinking and self-initiative, controlling emotions and mindfulness practice, selfless being and awakened mind.

**Language(s) of Instruction**

English

**Host Institution Course Number**

BSTC2006

**Host Institution Course Title**

BUDDHIST PSYCHOLOGY AND MENTAL CULTIVATION

**Host Institution Course Details****Host Institution Campus****Host Institution Faculty****Host Institution Degree****Host Institution Department**

Buddhist Studies

**Course Last Reviewed**

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