

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Buddhist Studies

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