COURSE DETAIL

EVOLUTION OF BUDDHIST MEDITATION
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
UCEAP Course Number 113
UCEAP Course Suffix
UCEAP Official Title EVOLUTION OF BUDDHIST MEDITATION
UCEAP Transcript Title BUDDHIST MEDITATION
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This course examines the evolution of Buddhist meditation: from its origination to its latest manifestation as psychosocial interventions spanning more than 2000 years. Through the study of Buddhist meditation texts and experiential learning, the theories and practices of several important Buddhist meditation methods will be introduced, such as mindful-breathing, compassionate meditation, samādhi and vipassanā.

Language(s) of Instruction
English

Host Institution Course Number
BSTC2022

Host Institution Course Title
EVOLUTION OF BUDDHIST MEDITATION

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2023-2024

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