

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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