

「專題研究：佛教心身哲學」課程大綱 Syllabus

課程名稱：專題研究：佛教心身哲學

Special Study: Buddhist Philosophy of Mind-body

Instructor：蔡耀明 Dr. Yao-ming Tsai

學分數：1 學分 (1 credit)

授課年度：一〇〇學年度第二學期 Spring Semester 2012

上課時間：星期三 (15:30-16:20)

Classroom: 哲學系研討室二 (Seminar room #2, Department of Philosophy)

Office hours on Tuesday 1:20-3:10 pm and Friday 11:20-12:10 pm.

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【課程概述】 Course Description

In the form of special study, this course invites you to explore Buddhist philosophy of mind-body. As a philosophy course, it will challenge you to think for yourselves about Buddhist ideas and arguments and to ask how these arguments and ideas might relate to contemporary concerns, including your own. The following topics or study units will be examined and discussed: (1) the philosophical outreach and literary review of the mind-body topic in Buddhist studies; (2) the mind-body relationship in Buddhism; (3) Buddhist philosophy of mind and the person; (4) mind/body connections or mind/mind connections; (5) mind in Buddhist philosophy; (6) bodies of the Buddha; (7) neuroplasticity and meditation; (8) mental illness; (9) somatic psychology, body-mind therapy, psychiatry, and Buddhism; (10) body-mind disciplines; (11) meditation, states of consciousness, and the brain; (12) meditation and embodied knowing.

We will see that the study of these topics challenges any easy distinction between mind and body. In this course we will begin to consider the ways in which we think we know mind-body. What questions do we ask? What materials do we investigate? What is mind? What is body? How can we understand the relationship between mind and body? How do we understand our own religious experiences? This course places the academic study of Buddhist religion firmly within the liberal arts curriculum, and we will be learning what it means to study Buddhist religion within that context.

【課程目標】 Course Objectives

(1) To obtain an enhanced working knowledge of the major issues of Buddhist philosophy of mind-body. (2) To understand the major contemporary arguments in the mind-body debate. (3) To understand how our views of mind-body interface with religious and philosophical ideas. (4) To develop the capacity to read and critically interpret religious and scholarly texts. (5) To enhance and apply the knowledge of research skills. (6) To develop the ability to defend an argument using a variety of methods in writing and oral presentation.

【課程要求】 Course Requirements

(1) Reading and Participation in Class Discussions. Participation in the classroom process is vital to the success of our discussions and to your growth. It is critical that each of us come to class prepared by prior reading and reflection to share insights and judgments, questions and problems with the rest of the class.

(2) Seminar Leadership. All students are expected to play a role in leading the seminar.

(3) Research Paper. All students will complete an 8-10 page research paper. You may focus on any topic that you choose from the course schedule. I am happy to discuss with you possible topics that are connected with your interests or major. Please select a topic and submit a rough draft of at least some portion of the research paper on May 9. You should also include a short bibliography of the sources that you will rely upon. Final revised papers will be due June 20.

(4) This course is about each of us making the commitment to read books and articles outside of class, to think and write about them intensively, and then to come to class and discuss their deepest ideas with each other. In this way, we will all learn from each other's unique perspectives and experiences during the semester.

(5) We will have a series of readings assigned for each week throughout the semester. Students will present a commentary on these readings. After presentation, class time will be spent in an open discussion of the topic for the week.

【教材及參考書目】 Required and Optional Readings

As indicated in each unit of the course schedule.

【成績評量方式】 Evaluation

(1) Class attendance and active participation in class discussions. (30%)

(2) Class presentations on the required readings (beginning on February 29). (40%)

(3) A rough draft of a research paper and midterm presentation. (10%)

(4) The research paper will count for 20% of your grade for the course.

【課程進度】 Course Schedule

Week 1: 2012/02/22, Introduction to the Course:

* 蔡耀明，〈心身課題在佛學界的哲學觸角與學術回顧〉，《圓光佛學學報》第 15 期（2009 年 10 月），頁 1-29。（“The Philosophical Outreach and Literary Review of the Mind-Body Topic in Buddhist Studies,” *Yuan Kuang Journal of Buddhist Studies* 15 (October 2009): 1-29.）

Optional or further readings:

* 蔡耀明，〈以心身安頓為著眼對「住地」的哲學檢視：做為佛教住地學說的奠基工程〉，《法鼓佛學學報》第 9 期（2011 年 12 月），頁 1-52。（“A Philosophical Examination of “Abiding-Places” in terms of the Abiding of the Mind-Body Complex: Laying a Foundation for Buddhist Doctrine of Abiding-Places,” *Dharma Drum Journal of Buddhist Studies* 9 (December 2011): 1-52.）

* 蔡耀明，〈佛教住地學說在心身安頓的學理基礎〉，《正觀》第 54 期（2010 年 9 月），頁 5-48。（“A Buddhist Doctrine of Abiding-Places in terms of a Theoretical Foundation for the Abiding of the Mind-Body Complex,” *Satyābhisamaya: A Buddhist Studies Quarterly* 54 (September 2010): 5-48.）

* 蔡耀明，〈《入楞伽經》的心身不二的實相學說：從排除障礙的一面著手〉，《法鼓佛學學報》第 6 期（2010 年 6 月），頁 57-114。（“Understanding the Doctrine of Non-duality of Mind-body as Expressed in the *Lañkāvatāra-sūtra* Through the Point of View of Removing Obstacles,” *Dharma Drum Journal of Buddhist Studies* 6 (June 2010): 57-114.）

Week 2: 2012/02/29, Required readings:

* Peter Harvey, "The Mind-Body Relationship in Pāli Buddhism: A Philosophical Investigation," *Asian Philosophy* 3/1 (1993): 29-41.

Optional or further readings:

* Brook Ziporyn, "Setup, Punch Line, and the Mind-Body Problem: A Neo-Tiantai Approach," *Philosophy East and West* 50/4 (October 2000): 584-613.

Week 3: 2012/03/07, Required readings:

* Peter Harvey, "Theravāda Philosophy of Mind and the Person: *Anattalakkhaṇa Sutta, Mahā-nidāna Sutta, and Milindapañha*," *Buddhist Philosophy: Essential Readings*, edited by William Edelglass and Jay Garfield, Oxford: Oxford University Press, 2009, pp. 265-274.

Week 4: 2012/03/14, Required readings:

* Gary Gach, "No Matter, Never Mind: Mind/Body Connections," "Imagine: Mind/Mind Connections," *The Complete Idiot's Guide to Buddhism*, New York: Alpha, 2002, pp. 341-343, 343-345.

Week 5: 2012/03/21, Required readings:

* Coseru, Christian, "Mind in Indian Buddhist Philosophy," *The Stanford Encyclopedia of Philosophy* (Winter 2011 edition).

<<http://plato.stanford.edu/archives/win2011/entries/mind-indian-buddhism/>>

Optional or further readings:

* Sthaneshwar Timalsina, *Consciousness in Indian Philosophy: The Advaita Doctrine of 'Awareness Only'*, New York: Routledge, 2008.

* Paul Griffiths, *On Being Mindless: Buddhist Meditation and the Mind-Body Problem*, La Salle: Open Court, 1986.

* Paul Griffiths, "Pure Consciousness and Indian Buddhism," *The Problem of Pure Consciousness: Mysticism and Philosophy*, edited by Robert Forman, Oxford: Oxford University Press, 1990, pp. 71-97.

Week 6: 2012/03/28, Required readings:

* Louise Child, "The Three Bodies of the Buddha," *Tantric Buddhism and Altered States of Consciousness: Durkheim, Emotional Energy and Visions of the Consort*, Aldershot: Ashgate, 2007, pp. 69-75.

Optional or further readings:

* Guang Xing, *The Concept of the Buddha: Its Evolution from Early Buddhism to the Trikāya Theory*, London: RoutledgeCurzon, 2005.

* Michael Radich, "Problems and Opportunities in the Study of The Buddha's Bodies," *New Zealand Journal of Asian Studies* 9/1 (June 2007): 162-185.

* Hidenori Sakuma, "The Classification of the Dharmakāya Chapter of the Abhisamāyalaṃkāra by Indian Commentators: The Threefold and the Fourfold Buddhakāya Theories," *Journal of Indian Philosophy* 22/3 (September 1994): 259-297.

* Frances Mascia-Lees (ed.), *A Companion to the Anthropology of the Body and Embodiment*, Malden: Wiley-Blackwell, 2011.

* Thich Nhat Hanh, *Buddha Mind, Buddha Body: Walking Toward Enlightenment*, Berkeley: Parallax, 2007.

Week 7: 2012/04/04, No Class due to 溫書假

Week 8: 2012/04/11, Required readings:

* **Randall Studstill, "The Four Kāyas," *The Unity of Mystical Traditions: The Transformation of Consciousness in Tibetan and German Mysticism*, Leiden: Brill, 2005, pp. 151-154.**

Week 9: 2012/04/18, Required readings:

* **Richard Davidson, Antoine Lutz, "Buddha's Brain: Neuroplasticity and Meditation," *IEEE Signal Processing Magazine* 25/1 (January 2008): 176-174.** <<http://www.signalprocessingsociety.org/publications/periodicals/spm/>>

Optional or further readings:

* B. Rael Cahn, John Polich, "Meditation States and Traits: EEG, ERP, and Neuroimaging Studies," *Psychological Bulletin* 132/2 (March 2006): 180-211.

Week 10: 2012/04/25, Required readings:

* **Richard McNally, "Chapter 8: So What Is Mental Illness Anyway?" *What Is Mental Illness?*, Cambridge: Belknap Press of Harvard University Press, 2011, pp. 212-217, 261-263.**

Optional or further readings:

* George Graham, "Mental Disorder and the Mind/Body Problem," *The Disordered Mind: An Introduction to Philosophy of Mind and Mental Illness*, London: Routledge, 2010, pp. 72-89.

* John Sarno and et al., *The Divided Mind: The Epidemic of Mindbody Disorders*, New York: HarperCollins Publishers, 2007.

Week 11: 2012/05/02, Required readings:

* **Pichet Udomratn, "Chapter 2.7: Psychiatry and Theravada Buddhism," *Religion and Psychiatry: Beyond Boundaries*, edited by Peter Verhagen and et al., Chichester: Wiley-Blackwell, 2010, pp.193-207.**

Optional or further readings:

* Kathleen Dockett and et al. (eds.), *Psychology and Buddhism: From Individual to Global Community*, New York: Kluwer, 2003.

* Henry Dreher, *Mind-Body Unity: A New Vision for Mind-Body Science and Medicine*, Baltimore: Johns Hopkins University Press, 2003.

* Marvin Levine, *The Positive Psychology of Buddhism and Yoga: Paths to a Mature Happiness*, Taylor & Francis, 2008.

* Richard Nelson-Jones, *Cognitive Humanistic Therapy: Buddhism, Christianity and Being Fully Human*, London: SAGE, 2004.

Week 12: 2012/05/09, 學員期中發表與討論 Rough draft of a research paper due in class and midterm presentation

Week 13: 2012/05/16, Required readings:

* **Barnaby Barratt, "Chapter 10: The Influx of Asian Wisdom," *The Emergence of Somatic Psychology and Bodymind Therapy*, New York: Palgrave Macmillan, 2010, pp. 103-112.**

Optional or further readings:

* Frances Garrett, *Religion, Medicine and the Human Embryo in Tibet: Becoming Human*, London: Routledge, 2008.

Week 14: 2012/05/23, Required readings:

* Nancy Allison, "Yoga," *The Illustrated Encyclopedia of Body-Mind Disciplines*, edited by Nancy Allison, New York: Rosen, 1999, pp. 305-312.

Week 15: 2012/05/30, Required readings:

* James Austin, "Is There Any Common Ground between Zen and the Brain?" "In Closing," *Zen and the Brain: Toward an Understanding of Meditation and Consciousness*, Cambridge: MIT Press, 1998, pp. 3-7, 695-697.

Week 16: 2012/06/06, Required readings:

* James Austin, "By Way of Introduction," "Delayed Physiological Responses to Meditation," *Zen-Brain Reflections: Reviewing Recent Developments in Meditation and States of Consciousness*, Cambridge: MIT Press, 2006, pp. xxiii-xxvii, 54-57.

Optional or further readings:

* Maxwell Bennett and et al., *Neuroscience and Philosophy: Brain, Mind, and Language*, New York: Columbia University Press, 2007.

Week 17: 2012/06/13, Required readings:

* Patricia Campbell, "Meditation and Embodied Knowing," *Knowing Body, Moving Mind: Ritualizing and Learning at Two Buddhist Centers*, New York: Oxford University Press, 2011, pp. 155-173, 221-222.

Week 18: 2012/06/20, Research paper due and final presentation