

SUBJECT OUTLINE

SECTION 1 –SUBJECT SUMMARY

Subject code and name	ABS702 Mindfulness: Theory and Practice		
Program	Applied Buddhist Studies	Credit points	6
Subject coordinator	Dr Tamara Ditrich	Duration	5 weeks
List of courses that will offer this subject	Graduate Certificate in Applied Buddhist Studies Cross-institutional		
Level	AQF 7 - Undergraduate		
Indicate core or elective	<input type="checkbox"/> core <input checked="" type="checkbox"/> elective for Graduate Certificate in Applied Buddhist Studies and cross institutional students		
Prerequisite	Nil		
Equivalent subject	Nil		
Student workload	No of timetabled hours: 40 hours No of personal study hours: 120 hours Total workload hours: 160 hours		
Mode of delivery	<input checked="" type="checkbox"/> Face to face on-site <input type="checkbox"/> E- learning (online) <input checked="" type="checkbox"/> Intensive (provide details below)		
	<p>The subject is delivered over 5 weeks of full-time study.</p> <p>Week 1 is preliminary reading; week 2 is intensive face-to-face lectures and other teaching and learning activities on campus; weeks 3 - 5 are self-study and assessment supported by the Course Coordinator/Lecturer through email and consultation as required and by online teaching resources.</p> <p>Total hours of face-to-face classes exceed the standard scheduled teaching hours of a typical semester-length subject offered in this discipline by universities.</p> <p>Students studying their course part-time can negotiate longer time for submission of assessment tasks.</p>		

SECTION 2 – SUBJECT INFORMATION

2.1 Subject Description

Provide a summary of approximately 100 words that gives a concise outline of the subject

This subject examines the systems of meditative practice taught in Buddhist traditions, focusing on mindfulness as the key component in the Buddhist doctrinal framework. It explores the theoretical foundations for meditative practice as well as the practical methods and techniques of meditation, and it also looks at the variety of applications of mindfulness in new contexts and environments. The subject places emphasis both on theory and on practice: apart from the study and critical examination of primary and secondary sources on Buddhist meditation, the students also explore several techniques and aspects of mindfulness in practice. They are expected to devote two hours per day to the practice of mindfulness and record and reflect on their experiences. The classes are accompanied by practical sessions of meditation as appropriate to the development of each topic.

2.2 Learning Outcomes

Provide the key knowledge and skills which student would be expected to attain by successfully completing this subject (numbered list)

- 1) Demonstrate a broad and coherent knowledge of principal Buddhist meditation traditions
- 2) Analyse and evaluate information on fundamental issues involved in undertaking meditation and the technical skills involved in its practice
- 3) Review critically, analyse, consolidate and synthesize knowledge about the role and function of mindfulness within the Buddhist doctrinal framework
- 4) Cognitive and creative skills to exercise critical thinking and judgement to reflect on the rich spectrum of techniques for the practice of mindfulness which have developed throughout the history of Buddhism in its many schools, from the early Indian Buddhism to Chinese traditions and beyond
- 5) Develop an ability to recognise and evaluate the methods and claims of the modern meditation movements
- 6) Develop understanding of issues and challenges arising from contemporary applications of mindfulness in new contexts and solving problems with intellectual independence

2.3 Content and Structure

Provide details in the table below, the subject content and how it is structured, including practical components such as laboratory, studio and work – based placements

This subject examines the systems of meditative practice taught in Buddhist traditions, focusing on mindfulness as the key component in the Buddhist doctrinal framework. It explores the theoretical foundations for meditative practice as well as the practical methods and techniques of meditation and it also looks at the variety of applications of mindfulness in new contexts and environments. The subject places emphasis both on theory and on practice: apart from the study and critical examination of primary and secondary sources on Buddhist meditation, you will also explore several techniques and aspects of mindfulness in practice. You will be expected to devote one – two hours per day to the practice of mindfulness and record and reflect on your experiences. The theoretical framework, which is accompanied by practical sessions of meditation included as appropriate in the time devoted to each topic, encompasses the following structure:

1. Introduction: the development of early Buddhism within the Indian context; the fundamentals of Buddhist doctrines and teaching (3 hrs)
2. Buddhist meditation: its main features, ethical foundations and key components; practical instructions and practice (4 hrs)
3. The concept of mindfulness: its characteristics, roles and functions(4 hrs)
4. Mindfulness as a fundamental component within Buddhist doctrine; meditation practice (4 hrs)
5. Mindfulness, insight meditation and the development of wisdom and compassion; meditation practice (3 hrs)
6. The role of mindfulness in Buddhist psychology (the *Abhidhamma*) (3 hrs)
7. The records and sources for the study of the practice of mindfulness; meditation practice (3 hrs)

8. The four foundations of mindfulness (the *Satipatthana-sutta*): mindfulness of the body and feelings, mindfulness of the mind and mental objects; mindfulness, loving kindness and compassion; meditation practice (8 hrs)
9. The practice of mindfulness within different Buddhist traditions: from the Theravada to the Mahayana and beyond (2 hrs)
10. The revival and new developments in the practise of mindfulness in the late 19th and the 20th centuries (e.g. new Burmese meditation techniques, Humanistic and Engaged Buddhism, etc.); meditation practice (3 hrs)
11. Contemporary applications of mindfulness practice within new paradigms and the issues arising from the integration of mindfulness techniques into new environments worldwide; meditation practice (3 hrs)

2.4 Assessment

Assessment Task			Learning outcomes for subject related to assessment task.(Use number from Learning Outcomes table
Type	When assessed- Year, session and week	Weighting (% of total marks for subject)	
Class participation	Week 2	10%	(1), (2), (4), (6)
Summary of reflective journal (300 words)	Week 2	10%	(1), (2), (6)
Assignment on issues related to meditation practice (1,000 words)	Week 3	30%	(1), (2), (3), (5)
Research paper (2000 words)	Week 5	50%	(1), (2), (3), (4)

2.5 Prescribed and Recommended Readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the subject

Prescribed Texts:

1. Analayo. *Satipatthana: The Direct Path to Realization*. Selangor: Buddhist Wisdom Centre, 2006.
2. Gunaratana, Henepola. *Mindfulness in Plain English*. Boston: Wisdom, 1993.
3. Harvey, Peter, *An Introduction to Buddhism*. Cambridge: Cambridge University Press, 1990.
4. Nanaponika. *The Heart of Buddhist Meditation*. London: Rider, 1975.

Students are also expected to read relevant journals and magazines. The lecturer will provide guided readings and supplementary references to academic and professional articles of current interest in the study guide.

Recommended Texts:

1. Buddhaghosa. *The Path of Purification (Visuddhimagga)* (transl. Nanamoli). Kandy: Buddhist Publication Society, 1991.
2. Conze, Edward. *Buddhist Meditation*. London: Allen & Unwin, 1972.
3. Germer, C, Siegel, R. and Fulton, P. (eds), *Mindfulness and psychotherapy* (New York: The Guilford Press, 2005)
4. Goleman, Daniel. *The Meditative Mind: The varieties of meditative experience*. London: Thorsons, 1996.
5. Gunaratana, B. H. *Beyond Mindfulness in Plain English*. Wisdom Publications, 2009.
6. Kabat-Zinn, Jon. *Coming to our Senses: Healing Ourselves and the World Through Mindfulness*. New York: Hyperion, 2005.

7. Kabat-Zinn, J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*. New York: Delacorte, 1990.
8. Kiyota, Minoru (ed.). *Mahayana Buddhist Meditation: Theory and practice*. Honolulu: Univ. Press of Hawaii, 1978.
9. Kuan, Tse-fu. *Mindfulness in Early Buddhism*. London: Routledge, 2008.
10. Nanamoli Thera. *Mindfulness of Breathing*. Kandy: Buddhist Publication Society, 1973.
11. Salzberg, S. *Lovingkindness*. Boston: Shambala, 1995.
12. Soma Thera. *The Way of Mindfulness*. Kandy: Buddhist publication Society, 1981.
13. Teasdale, J. and Chaskalson, M. *How does Mindfulness Transform Suffering? I and II The Nature and Origins of Dukkha*. Contemporary Buddhism (2011, in press).
14. Thich Nhat Hanh. *Transformation and Healing: The Sutra on the Four Establishments of Mindfulness*. Berkeley: Parallax Press, 1990.

Online resources

Insight Meditation Centre <http://www.audiodharma.org/series/1/talk/1835>

Buddha Dharma Education Association <http://www.buddhanet.net/audio-meditation.htm>