

**PHI 3150.95**  
**TIBETAN BUDDHIST PHILOSOPHY & CULTURE**  
Summer intensive course in Dharamsala (4 credits)  
Prof. Suzanne Ironbiter

**Course Description:**

As brought to global notice by the Dalai Lama and other Tibetan scholars, teachers and practitioners in exile from their homeland, Tibetan Buddhist philosophy is a living tradition featuring a distinctive world view, rigorous analytic argumentation, ethical psychology, a deep commitment to non-violence, and a spiritual technology involving meditation and visualization practice. In the context of our experiential setting in India, we will examine its unique development from its Indian roots, its present role in Tibetan cultural survival, and its practical application to perennial questions of identity, moral choice and human purpose and to current ethical, social and psychological issues. Class time will include meditation practice.

**Readings:**

Pema Chodron, *How to Meditate* (Sounds True 9781604079333--\$19.95)  
Dalai Lama, *The Essence of the Heart Sutra* (Wisdom 9780861712847--\$14.95)  
Karmapa Ogyen Trinley Dorje, *The Heart Is Noble: Changing the World from the Inside Out* (Shambhala 9781611800803--\$16.95)  
Dalai Lama, *For the Benefit of All Beings* (Shambhala 9781590306932--\$15.95)  
Traleg Kyabgon, *The Practice of Lojong: Cultivating Compassion through Training the Mind* (Shambhala 9781590303788--\$22.95)  
Jonathan Landaw & Andy Weber, *Images of Enlightenment: Tibetan Art in Practice* (Snow Lion 9781559392587--\$24.95)

**COURSE REQUIREMENTS:**

The class is conducted as a seminar in which 2/3 of the grade is based on class participation. For 1/3 of the grade, each student is asked to submit an 8-10 page final essay 2 weeks after our return from India. As they interact with the readings in their final essay and in their contributions to class discussions, students may choose among a variety of approaches related to their field of study and/or to a particular practical life or philosophical concern. Some practical examples are health & healing, ecology, death & dying, excesses of consumerism, food production & consumption, finding one's meaningful purpose in life, gender & relationship issues, a particular art form, world peace & non-violence, psychology & meditation practice. Philosophical examples include critical examination of specific views presented in the teachings. Depending on their focus, students register for PHI or SOC credit.

## **Class Schedule with Reading Assignments:**

**Pre-arrival preparation:** Please begin to read *Essence of the Heart Sutra*, *How to Meditate* and *Images of Enlightenment*.

Please prepare the reading assignments for class discussion on the day for which they are listed.

### **Week I, May 27-30: Teachings with the Dalai Lama at Tibet Children's Village**

#### **Week II: Introduction to Buddhist Philosophy, Meditation Practice and Ethical Engagement**

June 1, Mon – *How to Meditate* Intro & Part I; *Essence of the Heart Sutra* ch. 1-3;

*Images* pp. 1-12

June 2, Tues-- *How to Meditate* Part 2; *Essence of the Heart Sutra* ch. 4-5; *Images* pp. 13-28

June 3, Wed--*How to Meditate* Part 3; *The Heart Is Noble* ch. 1-4; *Images* pp. 29-36 & 41-44

June 4, Thurs – *How to Meditate* Part 4; *The Heart Is Noble* ch. 5-8; *Images* pp. 45-53

June 5, Fri – *How to Meditate* Part 5; *The Heart Is Noble* ch. 9-12; *Images* pp. 54-64

#### **Week III: Compassion & the Wisdom of Emptiness**

June 8, Mon-- *Essence of the Heart Sutra* pp. 59-137

June 9, Tues-- *Essence of the Heart Sutra* pp. 139-164

June 10, Wed – *For the Benefit of All Beings*, Intro & ch. 1-5

June 11, Thurs— *For the Benefit of All Beings*, ch. 6-10 (especially 6 & 8)

#### **Week IV: Mind-Training Practice & the Great Liberation**

June 15, Mon—*The Practice of Lojong*, Intro & Points One-Two

June 16, Tues— *The Practice of Lojong*, Points Three-Four

June 17, Wed— *The Practice of Lojong*, Points Five-Six

June 18, Thurs— *The Practice of Lojong*, Point Seven & Conclusion

June 19, Fri—*Images* pp. 69-91, 147-163, 193-199