

## Honolulu: Buddhist East Asia

Monday, May 29. 1:30-4:30.

3 objects; 3 videos; 3 texts; 3 hours

### Session One: 1:30-2:25

- Theme: Buddhist Things
- Object: **Early image of a Buddha**, relief from Sichuan tomb (20 minute lecture, including introduction)
- Reading: Selection from *How Master Mou Removes Our Doubts*. (Discuss text 15 minutes)
- Video: Silent Mentors (Discuss 20 minutes).<sup>1</sup>

### Session Two: 2:35-3:25

- Theme: Ways of Life
- Object: **Monk meditating in a chair**, image from Dunhuang mural (30 minute lecture)
- Reading: Zhiyi's meditation manual ("Essentials")
- Video: Master Sheng Yen on mindfulness.<sup>2</sup> (discuss with Zhiyi 20 minutes)

### Session Three: 3:35-4:30

- Theme: The Big Ideas
- Object: **Six destinies of rebirth**, painting on silk from Dunhuang (30 minutes)
- Reading: Selection from *Signs from the Unseen Realm* (Discuss 10 minutes).
- Video: Releasing life<sup>3</sup> (Discuss 10 minutes).
- Summary: (5 minutes).

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<sup>1</sup> Video is five minutes, taken from <https://www.youtube.com/watch?v=-eZrgKaXIE>. Questions: 1) What potential problems might arise from this program? 2) What is Buddhist in all this? 3) What is modern here?

<sup>2</sup> Video taken from: <https://www.youtube.com/watch?v=dIRhNvaBhZk>. How does this compare to the introduction of mindfulness in the West? (For comparison, see a leading proponent of mindfulness in the U.S. at: <https://www.youtube.com/watch?v=HmEo6RI4Wvs>).

<sup>3</sup> Video taken from: [https://www.youtube.com/watch?v=3T4Il\\_tXwYA](https://www.youtube.com/watch?v=3T4Il_tXwYA). 1) Why are they doing this; 2) What possible objections might one raise for this practice?