

<b>Course Title</b>	:	<b>Buddhist Paths to Liberation in modern life: Happiness, Wisdom and Enlightenment</b> 佛家看現代生活的解脫之道：快樂、智慧與覺悟
<b>Course Code</b>	:	<b>GEF1015</b>
<b>Department</b>	:	<b>CRSE</b>

### **Synopsis**

The terms *Nibbana*, *Buddha* and *Enlightenment* which are core concepts in Buddhism have been used in contemporary popular culture in the West in the past few decades. What are the real meanings? How much can they be related to our lives in the contemporary world? This course aims to expose students to the changes of Buddhist thoughts and practices along historical changes, and the revelations to modern life. Drawing from literature of ancient and contemporary Buddhist texts, students will understand the core concepts, thoughts, meanings and specific practices in different era such as *Nibbana* in early Buddhism, *Being a Buddha* in *Mahayana Buddhism* and *Enlightenment* in Chan/Zen (禪), and the applications in 'real-life' context, including daily life schedule, food, diet, life and death and customs.

The course will draw extensively on students' live experiences. The most important goal of the course is to help students to develop the awareness of the varieties and diversities of Buddhist practice to deal with daily life issues in modern world.

The course will include short and provocative lectures. Students will be required to undertake article reading, class discussions, debates, visits and group research projects. Students will be asked to consider questions regarding different Buddhist practice, etc. In the process, students will learn how to express their own feelings, interpretations and personal live experiences.