

RSOC 106-01 Zen in Theory and Practice
Fall 2008 MW 2:15-4:00 PM ALMSC 220

Instructors:	Dr. David Gray	Dr. Sarita Tamayo-Moraga
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Office Hours:	Monday 10:30AM-12 noon, Wednesday 4:10-5:00 PM, or by appointment. No office hours 11/3 or 11/10	Tues. 2:15-4:15 p.m. in Kenna 302 Fri. 1:30-2:30 p.m. in Walsh Res. Hall. Dial 3959 to get in. No office hours 10/24 or 12/5

This course will explore the Chan/Zen traditions of East Asian Buddhism from two different angles, the historical and theoretical perspective, as well as the practical. It will also be team taught, with Dr. Gray and Dr. Tamayo-Moraga covering these angles, respectively. The first five weeks of this course will be taught by Dr. Gray, and the second five weeks by Dr. Tamayo-Moraga. In Dr. Gray's component of the class, we will examine the history of the development of Chan Buddhism in China, and its spread throughout East Asia. We will overview the major schools of Chan/Zen Buddhism, and will explore their characteristic teachings and practice traditions. In Dr. Tamayo-Moraga's practical component of the class, students will then actively engage the historical development of Chan/Zen Buddhism by learning how to meditate in accordance with the different stages. Students will then use their direct experience of the evolution of Chan/Zen meditation to deepen their theoretical understanding. The focus will be on bringing the teachings and tradition to life by experiencing them and learning about the way that practice itself drives changes in theory.

Course Objectives:

1. A basic understanding of Buddhism is required for this course, and will be provided for those who lack this at the beginning of the course.
2. A deeper understanding of the Zen Buddhist traditions, the forms of meditation that they advocate, and a critical understanding of the context in which they are practiced.
3. Appreciation of the relevance of meditation practice for contemporary Buddhists.

Requirements:

Regular attendance is required, and frequent, unexcused absence will result in a grade penalty. We expect active participation in class discussions and will strive to make to class as interactive as possible; you should always feel free to ask questions and contribute your ideas. To do so you should come to class prepared; reading should be completed during the week they are assigned, and be prepared to be called upon to discuss them in any given class. During Dr. Gray's segment, you will be asked to write a short reflection papers on one of the films that we will watch (2 pages, 15%). There will be one medium length paper (5-7 pages 35%) in which you will be asked to reflect critically on the historical and theoretical component of the course. During Dr. Tamayo-Moraga's segment, you will be asked to write a short reflection paper on how Zen was influenced and changed by its different environments (e.g., Zen in China, Zen in Japan, etc.) 2 pages, 15%. There will be one medium length paper (5-7 pages 35%) on how your meditation experience helps you understand these changes. The journaling required in the practical part of the class will be part of your paper grade.

Respectful behavior in the class is also a requirement. This means, for example, turning off or silencing your cell phones. Please refrain from texting in class, and laptops are welcome for note taking only in

Dr. Gray's class. Electronic devices of any kind are not permitted for use in Dr. Tamayo-Moraga's class.

Paper Submission:

Papers should be submitted in or before class on the day that they will be due. Extensions will be granted with advanced notice and good reason; if you are having difficulty in any way, **please do not wait until the last minute to contact us**. As it is our goal to see that you successfully complete the assignments, we will do whatever we can to assist you if you are experiencing difficulty. However, in the interest of fairness, work handed in late without a prior extension will receive a grade penalty, which will increase as time passes.

Please submit your papers for Dr. Tamayo-Moraga as "hardcopy" submissions. Dr. Gray would prefer that students to submit their papers electronically as MSWord document email attachments (.doc format, NOT .docx format), but he will also accept paper "hardcopy" submissions. All documents should be double-spaced with at least 1" margins, in an easily readable 12 pt font. Emailed papers must be in Dr. Gray's inbox by the beginning of class on the day they are due; he will send a confirmation email once I have successfully opened the attachment. If you do not receive a confirmation email within 24 hours please inform him. It is your responsibility to ensure that your emailed paper is received. Emailed papers will be returned with comments via email once they are graded.

Academic Honesty

Plagiarism or academic dishonesty in any form (as described in the Student Conduct Code) will result in a failed grade for the project, and possibly for the course. All allegations of academic dishonesty will be reported to the department chair and Office of Student Life. For a full presentation of University policies concerning plagiarism, see:

<http://www.scu.edu/studentlife/resources/academicintegrity/>

In order to avoid the sanctions applied to cases of academic dishonesty, please make sure that you properly cite all sources that you utilize in your writing, including works that are directly quoted or paraphrased, as well as works used as a source of information. This includes both print and online sources. While you are encouraged to work with other students in preparing for class discussions, and are welcome to seek the feedback on your paper drafts from the instructor or your peers, your paper submissions must consist of your own writing, and any direct quotations or paraphrasing from other works must be properly cited.

Disability Accommodations:

To request academic accommodations for a disability, students must contact Disability Resources in the Drahnann Center in Benson, room 214, 408-554-4111, TTY 408-554-5445. Students must provide documentation from Disability Resources prior to receiving accommodations.

Class Texts (Required):

Huston Smith/Philip Novak, *Buddhism: A Concise Introduction* (**BCI**), Prentis-Hall 1988

Shunryu Suzuki, *Zen Mind, Beginner's Mind* (**ZMBM**), Weatherhill, 1973

Omori Sogen, *An Introduction to Zen Training* (**IZT**), Tuttle 2001

Aitken, Robert, *Taking the Path of Zen* (**TPZ**)

Pine, Red, *The Heart Sutra* (**THS**)

Soeng, Mu, *Trust in Mind: The Rebellion of Chinese Zen* (**TIM**)

Cohen, Darlene, *Turning Suffering Inside Out* (**TSIO**)

Course Outline

FIRST WEEK

Mon. 9/22 **Introductions**

During the first class you will be introduced to both instructors, and we will go through the usual introductory rituals.

PART 1: ZEN IN THEORY WITH DR. GRAY

1. Buddhism Overview

Wed. 9/24 **Buddhism Basics 1: Shakyamuni Buddha & Basic Buddhist Teachings**

We will begin our study of Buddhism with a discussion of the life of the founder of Buddhism, Gautama Siddhartha, also known as Shakyamuni Buddha. We will also cover the basic teachings of Buddhism, with a focus on the Four Noble Truths.

•**BCI 3-62**

SECOND WEEK

Mon. 9/29 **Buddhism Basics 2: Mahayana Buddhism**

We will begin our study of Mahayana Buddhist meditation traditions with a quick overview of the fundamental teachings of the Mahayana Buddhism as in developed in South Asia.

•**BCI 63-73**

2. Zen Buddhist Traditions

Wed. 10/1 **Zen Buddhism: A Brief Historical Introduction**

In this class we will begin our study of Zen Buddhism with a historical overview of the dissemination of Buddhism to East Asia and the development of the major traditions of Chan/Zen Buddhism.

•**BCI 88-104**

THIRD WEEK

Mon. 10/6 **The Soto Tradition 1: Zen Mind, Beginner's Mind**

We will begin our study of the Soto tradition of Zen with a reading of a 'classic' of American Zen Buddhism, a text by Suzuki Roshi, a Zen master who played an instrumental role in the dissemination of this tradition in America. In this class, we will cover key Zen teachings, such as Buddha Nature, and their connection to Zen practice.

•**Begin reading ZMBM**

Wed. 10/8 **The Soto Tradition 2: Zen Mind, Beginner's Mind**

We will continue our study of the Soto tradition with a discussion of Zen Mind, Beginner's Mind

•**Finish reading ZMBM and prepare for group discussion**

FOURTH WEEK

Mon. 10/13 **The Soto Tradition 3: How to Cook Your Life**

We will conclude our study of the Soto tradition by viewing and discussing a documentary on Edward Espe Brown, an American Zen master and student of Suzuki Roshi.

•**Video: Doris Dörrie, "How to Cook Your Life" (2007)**

Wed. 10/15 **The Rinzai Tradition 1: Zazen and Koan**
We will then turn to a classic on Zen practice written by a twentieth-century Rinzai Zen master, Omori Sogen. In this class, we will overview key aspects of Rinzai Zen practice.
•Begin reading IZT

FIFTH WEEK

Mon. 10/20 **The Rinzai Tradition 2: Zazen Practice**
We will continue our study of Omori Sogen's work, and will discuss in small groups.
•Finish reading IZT and prepare for group discussion

Wed. 10/22 **The Rinzai Tradition 2: Effects of Zazen Practice**
We will conclude with Omori Sogen's reflections on the effects of Zen practice, as well as artistic representations of the awakening experience. We will also watch a documentary on the practice of Zen at a Rinzai temple in Los Angeles.
•Video: Steve Flood, "One precept" (199?)

PART 2: ZEN IN PRACTICE WITH DR. TAMAYO-MORAGA

In the practical part of the class, students will be assigned weekly meditation practices in accord with the period studied. Journals on one's meditation experience will be required.

3. **Cooking Your Life: Developing a Personal Koan**

SIXTH WEEK

Mon. 10/27 **Learning How to Meditate**
TSIO Chapter 12
TPZ Chapters 1 & 2
Short reflection paper & medium length paper due (Gray)

Wed. 10/29 **Applying the Four Noble Truths to Zazen**
TPZ Chapter 4
TSIO Chapter 10
BCI Part I Sections 4 & 5

SEVENTH WEEK

Mon. 11/3 **Taoist Practices and Zen: The Impact of China**
TIM Intro., Chapters 1 & 2
BCI Part 1 Section 9

Wed. 11/5 **Zen as a Reaction**
TIM Chapter 3
THS pp. 46-70.

EIGHTH WEEK

Mon. 11/10 **The Bodhisattva as a Reaction**
THS pp. 116-143
TPZ pp. 59-64
TIM Chapter 3

Wed. 11/12 **Soto Zen as a Reaction**
ZMBM Begin with "The Quality of Being" which in my edition begins on page 104.
Yours might be different so look for the title instead. Then read to the end of ZMBM.
www.zenki.com/AboutDogen.htm
Genjo Koan and Fukanzazengi (will be emailed to you.)

NINTH WEEK

Mon. 11/17 **American Zen and Everyday Life**
TSIO Chapters 1 & 2
BCI Part I Section 16

Wed. 11/19 **Applying Ancient Zen Concepts to Modern Life**
TPZ Chapters 6 & 7
TSIO Chapters 3 & 4
Heart Sutra & Xinxinming

REFLECTION PAPER DUE FRI. NOV. 21 BY 5 P.M. IN
THE RELIGIOUS STUDIES OFFICE, KENNA.

Thanksgiving Break

TENTH WEEK

Mon. 12/1 **American Zen: The Impact of Including the Disabled and Women on Zen Practice**
TSIO Chapters 8 & 9
www.darlenecohen.net
emailed article

Wed. 12/3 **Brief presentations on the intersection between practical experience of meditation
and the theoretical teachings.**

**FINAL PAPER AND JOURNALS (Tamayo-Moraga) FOR PRACTICAL ASPECT DUE BY 5
P.M., THURS. DEC. 11TH IN THE RELIGIOUS STUDIES OFFICE, KENNA.**