

Foundations of Buddhism

An introduction to Buddhism, including a survey of Buddhist history, philosophy, and meditation. Special emphasis is placed on the basic Buddhist teachings and perspectives as expressed in the life of the Buddha, the four noble truths, and the Buddhist understanding of the mind. The course examines the close relationship between Buddhist thought and the central spiritual discipline of meditation. Grading criteria includes a final paper.

Course Number: REL240

Unit: 3.0

Program: GRAD/UNDG Religs Studies