First Turning of the Wheel: Nature of Mind and Emotions

The first turning introduces the early sutra discourses of the Buddha and the abhidharma (higher dharma) distillation of the Buddhist teachings on the nature, structure, and operation of the mind and emotions. This course provides a selected survey of the essential texts from both the Northern (Vaibhashika) and Southern (Theravada) schools, along with historical context and applications to meditation practice.

Course Number: REL611
Unit: 3.0
Program: Religious Studies