

# ZEN BUDDHISM

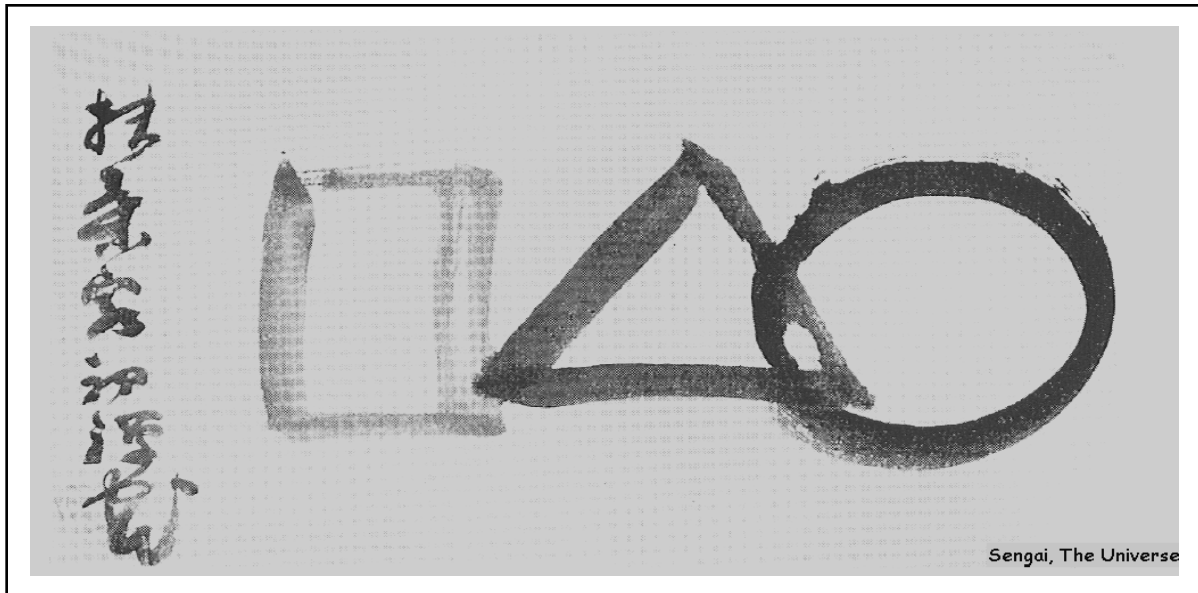
Spring 2016

Professor Todd T. Lewis

Department of Religious Studies, SMITH HALL 425

Office Hours: WF 1-2 and Thursdays 6-7, and by appointment

e-mail: tlewis@holycross.edu



## Course Description

This course is designed for students with varying backgrounds to learn about Zen Buddhism and the many influences it has exerted upon Asian civilizations. The class begins by establishing the necessary background in Buddhism and the wider context of east Asian spirituality. We then examine the texts and monastic practices that cultivate Zen spirituality. Finally, we explore the fine arts and martial disciplines of Japan, areas in which Zen influence has been especially significant. Special emphasis in Spring 2016 will be placed on *zazen* and Zen gardens.

Consistent with the ethos of the Zen tradition, the course has been designed to convey an understanding of this subject visually and experientially, although standard reading assignments and lectures remain central to the semester's learning experience.

## Requirements:

1. **Class Attendance.** This will include a Saturday *zazen* session, and a Saturday meeting.
2. Required Readings should be completed *before* the designated class.
3. **Three papers**, according to syllabus deadlines. Late work will not receive full credit.
4. **Zen Assignment** submitted and presented during the final meeting.
5. An **Oral Final** examination during the exam period.

Highly Recommended: An open, questing, "beginner's mind."

Required Textbooks:

- Natalie Goldberg, *Writing Down the Bones*. Boulder: Shambhala, 1986.  
Heinrich Dumoulin, *Zen Enlightenment*. Weatherhill, 2007.  
Peter Hershock, *Chan Buddhism*. Honolulu: University of Hawaii, 2005.  
Koun Yamada, *The Gateless Gate*. Boston: Wisdom, 2004.  
Tanchu Terayama, *Zen Brushwork*. NY: Kodansha International, 2004.  
D. Howard Smith, *The Wisdom of the Taoists*. New York: New Directions, 1980  
Shinryu Suzuki, *Zen Mind Beginner's Mind*. NY: Weatherhill, 1972  
Marc Keene, *Japanese Garden Design*. NY: Charles Tuttle, 2002.  
Paul Reps, ed. *Zen Flesh, Zen Bones*. Tuttle Publishing, reprint, 1998,  
Bardwell Smith ed. *Unsu: Diary of Zen Monastic Life*. Univ. of Hawaii Press, 1973.  
L. Stryk, *Zen Poetry: Let the Spring Breeze Enter* NY: Grove Press, 1995.  
Miyamoto Musashi, *The Book of Five Rings*. NY: Bantam, 1992.  
Kakuzo Okakura, *The Book of Tea*. NY: Dover, 1966.  
Robert E. Kennedy, *Zen Spirit, Christian Spirit*. New York: Continuum, 1995.  
David Rynick, *This Truth Never Fails: Zen Memoir in Four Seasons*. Boston: Wisdom, 2012.  
Readings on MOODLE [MR]

All Textbooks have been ordered from the College Bookstore.

Grading:

- |  |            |
|--|------------|
| 1. Three Papers (10/10/10)             | 30 points  |
| 2. Zen Assignment                      | 30         |
| 3. Final Examination                   | 25         |
| 4. <i>Informed Class Participation</i> | <u>15</u>  |
|  | 100 points |

The Zen Assignment:

Our studies will culminate in class presentations of a term project. It must be terse, maximum two sheets (four printed sides) in length. The Zen Assignment is a written exploration, in-depth of a particular topic in the field of Zen Buddhism or on a theme related to some aspect of Zen spirituality. Zen Assignments in past classes have been original and creative, some in-depth philosophical prose discourses, others based on intensive apprenticeship experiences. A few have been on video, CD, and even wordless. A special handout describing the possibilities and terms of this assignment will be distributed and discussed.

# TOPICS and READING ASSIGNMENTS

## FOUNDATIONS

### **Class 1: 1/28. Orientation to the Study of Zen**

#### **Buddha's Life and Basic Buddhist Doctrines**

##### Required Reading

Alan Watts, "Beat Zen, Square Zen, and Zen" [MR]

*Zen Enlightenment*, 1-24; "Sutra of 42 Chapters" [MR]

Peter Hershock, *Chan Buddhism*, 1-24

### **Class 2: 2/4. Mahāyāna Buddhism and Discussion of Mahāyāna Sutras**

##### Required Reading

*Zen Enlightenment*, 25-34; 35-41

*The Heart Sutra* and Selections from *Mahayana Sutras*; Text by Master Huang-po;  
*Verses on Faith in Mind*, [MR]

Friday 2/5, 1 PM: ✎ Paper #1 due

## East Asian Transmission and Origins of Chan/Zen

### **Class 3: 2/11. Transmission to East Asia; Confucian and Daoism Context**

#### **Ch'an Buddhism: Formation and School Lineages; Shinto**

##### Required Reading

Peter Hershock, *Chan Buddhism*, 34-65, 66-131

*The Wisdom of the Taoists*

*Zen Enlightenment*, 77-87

*The Platform Sutra of the 5<sup>th</sup> Patriarch*, [MR]

Ian Reader, "'Kami: Myths and Meaning" & "Shinto in Japanese Religious History" [MR]

Wednesday 2/17, 1 PM: ✎ Paper #2 due

### **Class 4: 2/18. Origins of Japanese Zen Schools; Zen Texts**

##### Required Reading

*Zen Enlightenment*, 88-124; *Zen Mind, Beginner's Mind*, 92-132

Selections from Dogen's *Shobogenzo* and Hakuin's Writings [MR]

## ZEN DOCTRINE, ZEN PRACTICES

### **Class 5: 2/25. Zen Meditation; Zazen and Koans**

#### Required Reading

*Zen Mind, Beginner's Mind*, 1-52; *Zen Enlightenment*, 139-153

*The Gateless Gate*, assigned cases

### **Class 6: 3/3.: Zen Meditation** *Session with Roshi David Rynick*

#### Required Reading

David Rynick, *This Truth Never Fails*

## Spring Break no class

### **Class 7: 3/17. Zen Monastic Life: VIDEO: "Principles and Practices of Zen"**

#### Required Reading

*Zen Mind, Beginner's Mind*, 53-91; *Zen Enlightenment*, 125-138

Unsui: *Diary of Zen Monastic Life*.

Selections from Dogen's *Shobogenzo* and Hakuin's Writings [MR]

Tuesday, 3/22, 1 PM: ~~📄~~ Paper #3 due

### **3/24: Easter Break, No Class**

## ZEN and the FINE ARTS

### **Class 8: 3/31. Introduction to Zen Arts: Wabi-Sabi, Yugen; Painting**

#### Required Reading

D.T. Suzuki, "General Remarks on Japanese Art Culture" [MR]

Peter Hershock, *Chan Buddhism*, 132-158;

"Painting" [MR]

**Saturday 4/2. 9:30-1 PM Session with Roshi Robert Kennedy, S.J.  
Rehm Library**

Required Reading

Robert E. Kennedy, *Zen Spirit, Christian Spirit*. New York: Continuum, 1995.

**Class 9: 4/7. Zen Brush** *Session with Painter Yin Peet*

Required Reading

Tanchu Terayama, *Zen Brushwork*

**Class 10: 4/14. Poetry, Noh, "Zen Writing", Flower Arrangement**

Required Reading

L. Stryk, *Zen Poetry: Let the Spring Breeze Enter*

Natalie Goldberg, *Writing Down the Bones*. [COMPLETED]

"Japanese Noh drama: *Eguchi*" [MR]

**Class 11: 4/21. Gardening Traditions; Tea Ceremony**

Required Reading

Marc Keene, *Japanese Garden Design*.

"Flower Arrangement" [MR]

Kakuzo Okakura *The Book of Tea* (NY: Dover, 1964)

"Tea Ceremony" [MR]

ZEN and THE MARTIAL ARTS

**Class 12: 4/28. Zen and the Samurai:** VIDEO: Selection from "Samurai Trilogy"

Required Reading/Viewing

Miyamoto Musashi, *A Book of Five Rings*

**Saturday, April 30: Zen in the Countryside**

**10 AM-2:30 PM**

## Zen and the MODERN WORLD

**Last Class: 5/5. Modernity, Nationalism, War; Zen & the Western Imagination**

Required Reading

Robert Scharf, "The Zen of Japanese Nationalism" [MR]

Selections from Brian Victoria, *Zen at War*. [MR]

**TBA: Presentations of Zen Assignments**

Class members present their work

**EXAM WEEK: Oral Final Examinations**

