

CHAMINADE UNIVERSITY
PSY 48003 – PSYCHOLOGY OF ZEN
FALL 1999

Instructor:	Robert G. Santee, Ph.D.	Time:	MWF 10:00-10:50 AM
Office Hours:	MWF 12:00 – 1:00 TR 11:00 – 12:00 Kieffer Hall, Room 5	Room:	Henry Hall 104
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Texts: Zen and the Brain: Toward an Understanding of Meditation and Consciousness;
Austin
Two Zen Classics: Mumonkon & Hekiganroku; trans. Katsuki Sekida
Dogen's Manuals of Zen Meditation; Bielefeolt
The Supreme Doctrine; Benoit

The scope of this course is a psychological examination of Zen and its relationship to the "self". The specific focus will be on how Zazen and the Koan affect consciousness. Zen will be examined from neurological, cognitive, affective behavioral, and spiritual perspectives. As this will be a "hands on" course, students will engage in Zazen and Koan exploration while monitoring changes in their conscious awareness. The course will also explore the psychological aspects of Zen aesthetics in such areas as tea ceremony, painting, poetry, calligraphy, gardens, and martial arts.

OBJECTIVES

1. Student will demonstrate an understanding of the psychological aspects of Buddhism.
2. Student will demonstrate an understanding of the psychological aspects of Ch'an/Zen Buddhism.
3. Student will demonstrate an understanding of the neurological basis of Ch'an/Zen Buddhism.
4. Student will demonstrate an understanding of meditation and the relationship to Ch'an/Zen Buddhism.
5. Student will demonstrate an understanding of Koan and the relationship to Ch'an/Zen Buddhism.
6. Student will demonstrate an understanding of Dogen and the relationship to Zen.
7. Student will demonstrate an understanding of Mumonkan and Hekiganroku.
8. Student will demonstrate an understanding of Zen aesthetics.
9. Student will demonstrate an understanding of the concept of self and its relationship to Ch'an/Zen Buddhism.
10. Student will demonstrate an understanding of experiential aspects of the Ch'an/Zen Buddhism experience and the application to one's life.

REQUIREMENTS

1. 2 Exams (200 pts each)
2. 1 5 page paper (typed, double spaced) on *Koans* and their relationship to changes in consciousness
3. 1 5 page paper (typed, doubled spaced) on meditation and its relationship to changes on consciousness
4. Log – to assess the impact of Zazen and Koan study on conscious awareness

The log will consist of the following format:

3 days a week, 10 minutes a session, 2 sessions a day

1. describe where you are (bedroom, park, etc.) and level of distraction
rate 1-10 with: 1 = none 10 = high distraction
2. write down how you are feeling prior to the exercise
rate 1-10 with: 1 = feel terrible 10 = feel great
3. meditation for a minimum of 10 minutes. List type of meditation: counting breathing, focus on breathing mindfulness; OR exploration of 1 Koan (list Koan) for 10 minutes (list time).
4. write down how you are feeling after exercise and rate 1-10
5. explain what happened to YOU
6. describe how focused you were during exercise

The first 2 weeks will be meditation for 2 10 minutes minimum sessions. After the 2nd week, 1 session will be meditation, 1 session will be Koan exploration. The format will be the same for the Koan exploration. A 7th step in the log will be to compare feelings/awareness between meditations and Koan.

GRADING

2 Exams	200 x 2 =	200 pts.
1 5 page paper on Koans		100 pts.
1 5 page paper on meditation		100 pts.
Log		<u>400 pts.</u>
	TOTAL	800 pts.

- A = 720 +
B = 640 – 719
C = 560 – 639
D = 480 – 559

Tentative Course Schedule

<u>Week</u>	<u>Topic</u>	<u>Readings</u>
8/30	Introduction to Buddhism, Ch'an/Zen Buddhism, Zen Aesthetics, Zazen, Koan, Consciousness, Neurological Aspects, Psychology of Zen, Enlightenment/Satori	Z&B Part 1 Dogen P I & Docs SD 1-2
9/6	9/6 HOLIDAY Meditation, Ch'an/Zen Buddhism, Dogen Buddhism, Zen Aesthetics, Psychology of Zen, Existentialism of Zen	Z&B Part II SD 3-4 Dogen P II & Docs
9/13	Meditation, Ch'an/Zen Buddhism, Dogen Buddhism, Zen Aesthetics, Psychology of Zen, Anxiety	Z&B Part II, SD 5-6 Dogen P III & Docs
9/20	Neurological Basis, Ch'an/Zen Buddhism, Koan, and Meditation, Zen Aesthetics, Psychology of Zen, Anxiety	Z&B Part III, Dogen Mumonkon 1-10 SD 7-8
9/27	Neurological Basis, Ch'an/Zen Buddhism, Koan, and Meditation, Zen Aesthetics, Psychology of Zen	Z&B Part III, SD 9-10 Mumonkon 11-20
10/4	States of Consciousness, Ch'an/Zen Buddhism, Koan, and Meditation, Zen Aesthetics, Psychology of Zen	Z&B Part IV, SD 11-12 Mumonkon 21-30
10/11	10/11 HOLIDAY States of Consciousness, Ch'an/Zen Buddhism, Koan, and Meditation, Zen Aesthetics, Psychology of Zen	Z&B Part IV Mumonkon 31-40 SD 13-14
10/18	Altered States of Consciousness, Koan, and Meditation, Zen Aesthetics, Psychology of Zen, Enlightenment/Satori 11/18 EXAM I	Z&B Part V Mumonkon 41-48 SD 15-16
10/25	Altered States of Consciousness, Koan, and Meditation, Zen Aesthetics, Psychology of Zen, Enlightenment/Satori	Z&B Part V, SD 17-18 Hekiganroku 1-15
11/1	Zen and Absorption, Koan, and Meditation, Zen Aesthetics 11/5 MEDITATION PAPER DUE	Z&B Part VI, SD 19-20 Hekiganroku 16-30
11/8	Zen and Absorption, Koan, and Meditation, Zen Aesthetics, Psychology of Zen	Z&B Part VI, SD 21-22 Hekiganroku 31-45
11/15	Zen and Absorption, Koan, and Meditation, Zen Aesthetics, Psychology of Zen 11/19 KOAN PAPER DUE	Z&B Part VII Hekiganroku 46-60 SD 23-24
11/22	Zen and Absorption, Koan, and Meditation, Zen Aesthetics, Psychology of Zen 11/25-26 HOLIDAY – THANKSGIVING	Z&B VII Hekiganroku 61-75
11/29	Enlightenment/Satori, Koan, and Meditation, Zen Aesthetics, Psychology of Zen 12/3 LOG DUE	Z&B VIII Hekiganroku 76-90
12/6	Enlightenment/Satori, Koan, and Meditation, Zen Aesthetics, Psychology of Zen	Z&B VIII Hekiganroku 90-100
12/16	FINAL EXAM – 10:30-12:30	