

DHAMMAVINAYA INSTITUTE

Faculty of Buddhism

Certificate Program

Buddhist Psychology (Abhidhamma) and Mental Cultivation (in English)

Course Syllabus

Last updated on 28.04.2023.

Course name:	Buddhist Psychology (Abhidhamma) and Mental Cultivation (in English)
Level:	Certificate
Period:	Lectures and seminars 15-39 weeks (14. May 2023 - 29. October 2023): 14.05, 28.05, 11.06, 02.07, 16.07 06.08, 20.08, 03.09, 17.09, 01.10, 15.10, 29.10
Schedule:	On Sundays at 16:00 to 17.45 (as scheduled by the administration of DVI)
Lecturer:	Ven. Sudhamma Thero and Ven. Ṭhitañāṇa bhikkhu (Dr. Andrus Kahn)
E-mail:	sudhamma@sangha.ee
Co-requisite course:	Dhamma Study and Meditation (in English)
Study room:	Study room at Niguliste 4
Special needs:	Persons with disabilities can participate in this course
Registration:	https://dvi.ee/sisseastumine , by deadlines set in the DVI academic calendar

Course aims/objectives

This course examines the nature, functioning, and development of the mind as presented in the ancient teachings of the Buddha (*Dhamma*), as well as later explanations (*aṭṭhakathā*, *ṭīkā*). Theoretical education offers a unique perspective on the individual, the family and society at large, and the world as a whole. The practice of mindfulness and meditation following the theoretical study provides an opportunity to develop a deep and direct understanding of the topics covered.

Learning outcomes

The students having successfully passed the course: (1) can understand and analyze the main aspects of the Buddhist Psychology and mental development; (2) can formulate the roots of mental and social problems; (3) can evaluate and analyze the principles in which these diverse Buddhist meditation practices cater to different personality types; (4) are adaptable in new psychological and social situations; (5) have positive attitudes and ability to find solutions to complex psychological, social, political and environmental issues in the modern world and make optimal decisions; (6) developing an appreciative and realistic attitude towards life, family, society and the world.

Topics

Buddhist Psychology. 2 Truths (2 *sacca*). 5 Aggregates (*pañca-khandha*): Feelings/Sensations (*vedana*), Perception (*saññā*), Formation (*sankhara*), Consciousness/Awakens (*viññāna*). Name and

Form (*nāma-rūpa*). Nibbaana (*nibbāna*). Dependent Origination (*dvādasā-aṅga paṭicca-samuppāda*). 31 Planes of Existence (*bhūmi: kāma, rūpa, arūpa*). Consciousness (*citta*). Mental Factors (*cetasika*). Matter (*rūpa*). The Five-Door Cognitive Process (*pañcadvāravīthi*). Analysis of Problems and Conflicts. Controlling Emotions and Dealing with Defilements. Mindfulness practice (*sati*). Personality Types and Meditation Techniques. Awakened Mind. Nibbaana (*nibbāna*).

Study process description

Theoretical background and discussions during study class. Practical mindfulness and meditation put the knowledge into practice. Best learning comes with active participation and open mind.

Course's e-support

Course materials can be accessed via the e-learning environment: <https://dvi.ee/sertifikaadiope/oppematerjalid>

Study literature

- A Comprehensive Manual of Abhidhamma
- Abhidhamma Study
- Research in Buddhist Psychology

All study materials can be downloaded from the DVI website.

Continuous assessment

Course scheduled tasks and assignment.

Detailed schedule and topics

This plan is preliminary and might be changed in case of cancellations, changes in available reading material, etc. This course is recommended to practice in groups, to practice team-work and co-operation, reflection, discussion and analysis, planning and presenting.

Week	Topic and content	Before class	In class	After class
1	An Introduction to Buddhist Psychology Terms; 2 Truths (<i>sacca</i>); 5 Aggregates (<i>khandha</i>); <i>nāma</i> Mental and <i>rūpa</i> Form/Physical (<i>nāma-rūpa</i>); nibbaana (<i>nibbāna</i>)	Read this Syllabus	Lecture, work with slides and discussion	Guided meditation (voluntary participation)
2	Dependent Origination (<i>dvādasā-aṅga paṭicca-samuppāda</i>) 31 Planes of Existence (<i>bhūmi: kāma, rūpa, arūpa</i>)	Go through the given keywords and tables	Lecture, work with slides and discussion	Guided meditation (voluntary participation)

Week	Topic and content	Before class	In class	After class
3	Consciousness (<i>citta</i>) 89/121 <i>citta</i> 's; Definition and Classification of Consciousness	Study the given consciousness table. Find and note down 5 self cognitive thoughts	Lecture, work with slides and discussion	Guided meditation (<i>cittānupassana</i>) (voluntary participation)
4	Mental Factors (<i>cetasika</i>) 52 <i>cetasika</i> 's		Lecture, work with slides and discussion	Guided meditation (<i>cittānupassana</i>) (voluntary participation)
5	Matter (<i>rūpa</i>) Definition and Classification of Matter (<i>rūpa</i>); 28 forms	Read: Mahāhatthipadopama-sutta MN 28, Bahuhātuka-sutta MN 115	Lecture, work with slides and discussion	Meditation practice (<i>catu-dhātu-vavatthāna</i>) (voluntary participation)
6	5 Aggregates (<i>pañca-khandha</i>) Feelings/Sensations (<i>vedana</i>); Perception (<i>saññā</i>); Formation (<i>sankhara</i>); Consciousness/ Awakens (<i>viññāna</i>)	Read: Khandha-sutta SN 22.48, Upādāna-paripavatta-sutta SN 22.56	Lecture, work with slides and discussion	Meditation practice (<i>anattānupassana</i>) (voluntary participation)
7	The Five-Door Cognitive Process (<i>pañcadvāravīthi</i>)	Go through the given keywords and tables; Read: Aniccādisuttanavaka SN 35.43–51	Lecture, work with slides and discussion	Meditation practice (<i>anicca-bhāvanā</i>) (voluntary participation)
8	Analysis of Problems and Conflicts	Go through the given keywords	Lecture, work with slides and discussion	Meditation practice (<i>anicca-dukkha-bhāvanā</i>) (voluntary participation)
9	Controlling Emotions and Dealing with Defilements	Notice your main reactions and emotions during one week	Lecture, work with slides and discussion	Meditation practice (<i>vedanānupassana</i>) (voluntary participation)
10	Mindfulness Practice (<i>sati</i>) Personality Types and Meditation Techniques	Notice when your mindfulness is high and when it is not	Lecture, work with slides and discussion	Meditation practice (<i>sati-bhāvanā</i>) (voluntary participation)
11	Awakened Mind Nibbaana (<i>nibbāna</i>)	Meditate on the meaning of <i>nibbāna</i>	Lecture, work with slides and discussion	Meditation practice (<i>saññā-bhāvanā</i>) (voluntary participation)
12	Comprehensive Session of Q & A	Prepare 2 questions related to the course topics	Discussion, Question and Answers	Meditation practice (<i>caṅkama samādhi</i>) (voluntary participation)