

RLST A150: PHILOSOPHY OF THE EAST

Item	Value
Curriculum Committee Approval Date	11/13/2024
Top Code	151000 - Religious Studies
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 3 Arts and Humanities 3A Theory (OC1)
Associate Science Local General Education (GE)	• Area 3B Humanities (OSC2)
Global and Multicultural Requirement (OGM)	Yes
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 3B Humanities (3B)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 3B Humanities (3B)
California State University General Education Breadth (CSU GE-Breadth)	• CSU C2 Humanities (C2)

Course Description

Formerly: Eastern Thought. An introduction to the religions of Asia including Hinduism, Buddhism, Taoism, and Confucianism. In addition to historical background and the current status of the religion, the course will focus on the scripture of each religion. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Articulate the general historical development of Hinduism, Buddhism, Confucianism, Taoism, and the interrelationships among them.
2. Compare and contrast two or more the sacred texts of the major Eastern religions.
3. Describe the lives of several figures important to the development of Eastern religions.
4. Compare and contrast practices among and within the Eastern religions.

Course Objectives

- 1. Describe the life of Confucius.
- 2. Identify characteristics of the Confucian "superior person."
- 3. List the steps in making an I-Ching reading using the coin method.
- 4. Describe Confucian views on morality, society, education, and government that are found in the Analects.

- 5. Identify the four levels of the Hindu caste system, the four life stages, the four paths to God, and the four spiritual goals (pleasure, success, service, liberation).
- 6. Describe how the law of karma operates in conjunction with transmigration (samsara).
- 7. Analyze the message "Atman is Brahman" as expressed in the Upanishads.
- 8. Analyze Krishna's argument in the Bhagavad Gita that Arjuna should fight in the battle.
- 9. Describe the life of the Buddha (Siddhartha Gautama).
- 10. Identify and analyze the Four Noble Truths and describe the three main sections of the Eightfold Path (wisdom, ethical conduct, mental discipline).
- 11. Describe the Buddhist concepts of no-self, koan, and nirvana.
- 12. Identify at least four principles expressed in the Dhammapada.
- 13. Identify and explain at least four principles that are basic to philosophical Taoism.
- 14. Describe the Tao and how it relates to the yin/yang concept.
- 15. Describe Sun tzu's The Art of War and state at least four lessons the book provides.
- 16. Explain at least four analogies expressed in the Tao te Ching.

Lecture Content

Introduction Definitions of "religion" The role of religion in U.S. society Main differences between Eastern and Western religions The relationship between ethics and religion Life in Ancient China Feudal system Shang ti and Tien ("God" and Heaven) Tao, yin/yang, animism, naturalism Ancestor worship The Life of Confucius China during his lifetime His childhood and education Confucius and attempts to enter government Confucius as a teacher The "superior person" (chun tzu) The I Ching (Yijing), or "Book of Changes" Background and development How to choose a hexagram (yarrow stalk, coin, or marble method) Interpreting a reading The I Ching as a book of divination and of wisdom The Analects The nature of the work non-essay compilation of disciples recollections dialogues, anecdotes, proverbs, character sketches Analysis of selected passages views on morality and society views on education views on government Introduction to Hinduism p; Indus valley civilization Aryan invasion Caste system (varnas) Brahminism and early rituals Vedas and Vedic deities Trimurti (Brahma, Vishnu, Siva) Paths to God (jnana, raja, bhakti, karma) Hatha Yoga Breathing and postures (asanas) Diet and relation to mind and body (three gunas) Role of hatha yoga in raja yoga Law of Karma Karma as impersonal law Reincarnation Why karma does not oppose free will The Upanishads Brahman as impersonal godhead Brahman contrasted with a personal deity The Atman contrasted with the reincarnating soul (jiva) The Atman as Brahman Analysis of selected passages The Bhagavad Gita ("Song of God") Vishnu and his descents into the flesh (avatars: Rama, Krishna, Buddha, Kalki, etc.) The value of using a war as a situation for discussing caste duty (dharma) Arjuna's initial argument Krishna's arguments Krishna's support of the various paths (yogas, or margas) to God The Life of Siddhartha Gautama (the Buddha) His birth and prophecies about his life His twenty-nine years of luxury and seclusion The four passing sights (old person, sick person, dead person, ascetic) His renunciation and immersion in asceticism His experiences under the bodhi tree at Gaya His forty-five years of teaching The Four Noble Truths Life is suffering (dukkha) Selfish desire (tanha) causes suffering Ending tanha ends dukkha The Eightfold Path ends tanha The Eightfold Path The preference for using "perfect" rather than "right" ("perfect views," etc.) Its moral and psychological steps

The difficulty of perfecting speech The greater difficulty of perfecting the inner self as opposed to outward behavior The eighth step being similar to raja yoga The concept of no-self (anatta, or anatman) Tibetan Buddhism The diversity of Tibetan Buddhism Tibetan society under the Dalai Lamas The Wheel of Life (Bhava-chakra) The Tibetan Book of the Dead (Bardo Thodol) The life of the 14th Dalai Lama (Tenzin Gyatso) Zen Buddhism "Zen" as meditation ("ch an" in Chinese, "dhyana" in Sanskrit) Koans and satori The difference between rinzaï zen and soto zen Zen meditation The Dhammapada ("Path of Truth") Nature of the work Analysis of selected passages Basic Taoist Principles Tao is the basic unity behind the universe and a mysterious, undefinable force Life is the greatest of all possessions Life is to be lived simply Pomp and glory should be shunned Living in harmony with the Tao promotes happiness and longevity Doing without doing, or "creative quietude" (wu wei) Understanding Taoism Why people are Tao but may not be living in harmony with it Taoism as choosing the best path rather than merely being lazy or apathetic Relation of Taoism to nature and science (numerous Chinese inventions and discoveries) Taoism and yin/yang Taoist analogies: water, flexible tree, mysterious female, valley spirit, bellows, doors and windows Taoist stories: farmer and runaway horse, the cook Ting and his meat cleaver, etc. Sun tzu's The Art of War The book as anti-war Why the book follows Taoist philosophy The lessons of the book for the general The lessons of the book for everyone Feng Shui ("Wind and Water") Its relation to environment and common sense Its supernatural elements Basic feng shui principles and chi Designing a house and arranging indoor components for favorable results Tai Chi Exercises Basic principles Selected exercises The Tao te Ching (Daodejing, or "The Classic of the Way and its Power") Nature of the work Problems and advantages of translation Problems and advantages of interpretation, such as its seemingly contradictory nature Its Structure by chapter (poem) Influencing one's environment Power in leadership Cosmology Natural laws and Taoist assumptions Wu wei and lasting results Power in organizations

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

1. The instructor will lecture on and explain course concepts and texts.
2. Students will participate in small-group discussions.
3. Students will choose whether to participate in physical exercises (hatha yoga, tai chi).
4. Videos will be shown on people's lives or on religious traditions.
5. Handouts will be given to clarify concepts.
6. Overhead projections of drawings will be used to enhance explanations.
7. The instructor will provide written feedback to students writing.
8. Multiple-choice examinations will be given on handouts, textbooks, and lecture material.

Reading Assignments

1. Students will write 4-5 half-page to full-page reaction or comparison papers in class impromptu.a. Each paper will be based upon a question or topic provided by the instructor.b. The papers will be handwritten.2. Students will prepare four sentence outlines.a. Each outline will be typed, single spaced, and at least a half-page in length.b. The instructor will provide the four topics.c. Each outline will use concepts from the four traditions: Confucianism, Hinduism, Buddhism, and Taoism.3. Students will write a paper in class using one of the four outlines.a. The papers will be handwritten in class.b. The topic will be determined randomly at class time.

Writing Assignments

1. Students will write 4-5 half-page to full-page reaction or comparison papers in class impromptu.a. Each paper will be based upon a question or topic provided by the instructor.b. The papers will be handwritten.2. Students will prepare four sentence outlines.a. Each outline will be typed, single spaced, and at least a half-page in length.b. The instructor will provide the four topics.c. Each outline will use concepts from the four traditions: Confucianism, Hinduism, Buddhism, and Taoism.3. Students will write a paper in class using one of the four outlines.a. The papers will be handwritten in class.b. The topic will be determined randomly at class time.

Out-of-class Assignments

1. Students will write 4-5 half-page to full-page reaction or comparison papers in class impromptu.a. Each paper will be based upon a question or topic provided by the instructor.b. The papers will be handwritten.2. Students will prepare four sentence outlines.a. Each outline will be typed, single spaced, and at least a half-page in length.b. The instructor will provide the four topics.c. Each outline will use concepts from the four traditions: Confucianism, Hinduism, Buddhism, and Taoism.3. Students will write a paper in class using one of the four outlines.a. The papers will be handwritten in class.b. The topic will be determined randomly at class time.

Demonstration of Critical Thinking

1. The students will write reaction or comparison papers as described in "Writing Assignments."
2. The students will take objective tests as described in "Instructional Methodologies."
3. The students will type outlines as described in "Written Assignments."
4. The students will be graded for attending class regularly and participating in discussions and activities as described in "Instructional Methodologies."

Required Writing, Problem Solving, Skills Demonstration

1. Students will write 4-5 half-page to full-page reaction or comparison papers in class impromptu.a. Each paper will be based upon a question or topic provided by the instructor.b. The papers will be handwritten.2. Students will prepare four sentence outlines.a. Each outline will be typed, single spaced, and at least a half-page in length.b. The instructor will provide the four topics.c. Each outline will use concepts from the four traditions: Confucianism, Hinduism, Buddhism, and Taoism.3. Students will write a paper in class using one of the four outlines.a. The papers will be handwritten in class.b. The topic will be determined randomly at class time.

Eligible Disciplines

Religious studies: Master's degree in religious studies, theology, or philosophy OR bachelor's degree in any of the above AND master's degree in humanities OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Raymond Dawson. The Analects,, ed. Oxford.: -, 0 Rationale: -
2. Required Juan Mascaró. The Dhammapada,, ed. Penguin., 0 Rationale: -
3. Required Juan Mascaró. The Upanishad,, ed. Penguin., 0 Rationale: -
4. Required Barbara Stoler Miller. The Bhagavad-Gita, ed. Bantam., 0 Rationale: -
5. Required Huston Smith. The World's Religions,, ed. Harper Collins,, 1991 Rationale: -
6. Required Richard Wilhelm and H.G. Ostwald. Tao te Ching,, ed. Penguin, 0 Rationale: -

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.