

Osaka Gakuin University 2010-2011 Spring Semester

## **Japanese Spirituality: Buddhism, Shintoism and New Religions as a Channel to Peace**

### **Instructor :**

Rev. Mari Sengoku, Ph.D

E-mail: sengokumari@live.jp

Lesson : Tuesday, Thursday 14:30-16:00

Office: N/A

Office Hours : After class or upon consultation

Subject code : 2032

### **Course Description:**

How can we make peace in ourselves in this chaotic and competitive modern world? Learning Buddhist philosophy and self-healing techniques will give us the opportunity to come up with the solution. Also, we will learn and discuss on the significance of Shintoism and new religions in Japan

The course consists of lectures, discussions, group research and presentations. Field trips visiting various historical places and temples/shrines in the Kansai area will also be required.

The course will be taught in English; however important technical and cultural terms will be included in Japanese when necessary.

### **Resources**

The teacher provides hand-outs for every class.

### **Evaluation**

The grade will be given based on the participation to the class and discussion (25%), one group research project and presentation (25%) and two individual papers; book review and short essay (25% each). For each day late on any of the assignments 5% will be deducted.

### **Notes:**

## Course Schedule

- Week 1: Introduction and discussion for the group and individual project and field work
- Week 2: Buddhism #1 – History and philosophy
- Week 3: Buddhism #2 – Sects, rituals and practices (1) Zen
- Week 4: Buddhism #3 – Sects, rituals and practices (2) Pure Land
- Week 5: Buddhism #4.- Sects, rituals and practices (3) Tendai & Tibetan
- Week 6: Japanese Therapies based on Buddhist teaching #1 – Morita Psychotherapy
- Week 7: Japanese Therapies based on Buddhist teaching #2.- Naikan Psychotherapy
- Week 8: Tibetan Meditation practices for being at peace
- Week 9: Shintoism (Japanese indigenous religion)
- Week 10: New spiritual movement and healing in Japan
- Week 11: Global environment and peace
- Week 12: Field Work
- Week 13: Group project presentation , discussion and class evaluation.

Course schedule is subject to change depending on the class size and the discretion of the teacher.