

Osaka Gakuin University 2012-2013 Spring Semester	
<b>Japanese Spirituality as a Channel to Peace</b>	
<b>Instructor :</b>	
Rev. Mari Sengoku, Ph.D  E-mail:           sengokumari@live.jp Lesson :        Tuesday 16:10-17:40, Thursday 14:30-16:00 Office:           N/A Office Hours : After class or upon consultation Subject code : 2032	
<b>Course Description:</b>	
How can we make peace in ourselves in this chaotic and competitive modern world? Through learning Buddhist philosophy and self-healing techniques students will be given the opportunity to come up with their own solutions. Students will also learn and discuss the significance of Shintoism, Bushido (The way of Bushi), natural environment and new religions in Japan.	
<b>Resources</b>	
Handouts will be provided for each class.	
<b>Evaluation</b>	
The grade will be given based on participation in the class and discussions (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.	

<b>Notes:</b>
<b>Course Schedule:</b>
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.