

## ANCIENT PSYCHOLOGY



## B.A. (HONS.) – ANCIENT PSYCHOLOGY

SERA JEY MONASTIC INSTITUTE  

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FIRST YEAR - COURSES

## 1 Semester I, First Year

Credit Distribution: Sem. 1, 1<sup>st</sup> Year

<b>Sr. No.</b>	<b>Type of Course</b>	<b>No. of Credits</b>
1	Compulsory Core Course -1 (Major: A1)	3
2	Compulsory Core Course – 2 (Major: A2)	3
3	Compulsory Core Course -1 (Minor: B1)	3
4	Compulsory Core Course -2 (Minor: B2)	3
5	Open Elective - 1	3
6	Department Specific Elective - 1	-
7	AECC - 1	3
8	AECC - 2	3
9	SEC-1	2
10	SEC-2	2
	<b>Total</b>	<b>25</b>

Curriculum: Sem. 1, 1<sup>st</sup> Year (Minor in Ancient Philosophy)

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<b>Major: Ancient Psychology (Compulsory Courses)</b>				
1	Core Course - A1	Mind and Mental Factors (PS101)	Dept. of Psychology	3
2	Core Course - A2	Stages on the Path to Omniscience – I (PS102)	Dept. of Psychology	3
<b>Minor: Ancient Philosophy</b>				
3	Core Course - B1	Tenet Systems (PH101)	Dept. of Philosophy	3
4	Core Course - B2	Omniscient Knower (PH102)	Dept. of Philosophy	3
<b>Open Elective</b>				
5	Open Elective -1			3
<b>Ability Enhancement Compulsory Courses</b>				
6	AECC-1	Tibetan Language 1: Composition, Letter-Writing and Grammar (TL105)	Dept. of Tibetan Culture	3
7	AECC – 2	Tibetan Language 2: Poetry and Literature (TL106)	Dept. of Tibetan Culture	3
<b>Skill Enhancement Courses</b>				
8	SEC-1	The Nine Mental States in Cultivation of <i>Shamatha</i> (YG101)	Dept. of Yogic Training	2
9	SEC-2	Yoga and Health&Wellness		2
		<b>Total</b>		<b>25</b>

## 1.1 Core Course – A1: Mind and Mental Factors (PS101)

### Objective

To introduce the student to the presentation of the mind – its nature and its various types. An understanding of the nature of the mind and its various types is critical for any practitioner wishing to advance spiritually by training and purifying the mind.

### Credits: 3

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit 1	Objects, Object Possessors and the Seven-Fold Classification of Mind	10
Unit 2	Direct Perceivers and Inferential Cognizers	15
Unit 3	Non-Valid Consciousnesses	10
Unit 4	Further Classifications of Awarenesses and Knowers and Presentation of Mental Factors	10

### Texts and References

- Yongzin Phurchog. *Presentation of the Theory of Objects and Object-possessors and a Presentation of Awarenesses and Knowers of the Advanced Path of Reasoning from the Text 'Magical Key to the Path of Reasoning - Presentation of Collected Topics' that Elaborates the Essence of Theory of Valid Cognition*
- Acharya Dharmakirti. *Pramanavartika – A Commentary on Acharya Dignaga's Pramanasamuccaya (Compendium on Cognition)*
- Gyaltsap Je. *'A Clear Elucidation of the Path of Liberation – Commentary on Pramanavartika by Acharya Dharmakirti'*
- Khedrup Je. *'Freedom Through Correct Knowing – Interpretation of Dharmakirti's Seven Treatises on Valid Cognition'*

## 1.2. Core Course – A2: Stages on the Path to Omniscience – I (PS102)

### Objective

To introduce the student to the various grounds and stages that a yogi ascends through on his way to attaining omniscience.

**Credits: 3**

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit 1	Presentation of the Various Grounds according to the Three Vehicles	10
Unit 2	The Mode of Abandonment of the Objects of Abandonment	10
Unit 3	Thorough Pacification of Flaws and Realization of Excellence on the Various Grounds & Etymology of Ground	10
Unit 4	The Five Paths of the Three Vehicles	10
Unit 5	Realization of Antidotes	5

### Texts and References

- Jetsun Chokyi Gyaltsen. 'A Concise Presentation of the Grounds and Paths of the Three Vehicles'
- Arya Maitreya. 'Abhisamayalankara - Ornament of Clear Realizations.'
- Acharya Haribhadra. 'Abhisamayalankara-vritti – A Commentary on Ornament of Clear Realizations.'
- Khedrup Je. 'Freedom Through Correct Knowing – Interpretation of Dharmakirti's Seven Treatises on Valid Cognition'
- Jetsun Chokyi Gyaltsen. 'An Elaborate Presentation of the Grounds and Paths of the Three Vehicles'

### 1.3. Core Course - B1 (Minor-Philosophy): A Preliminary Survey of Buddhist and Non-Buddhist Schools (PH105)

#### Objective and Course Outcomes:

In this paper, one would be able to get the brief knowledge on the history, and progress of ancient Indian Philosophical School of Non-Buddhist and Buddhist Schools, regarding their views on the subject of Mind and Mental Factors, Phenomenal things, Path to nirvana, etc.

#### Credits: 3

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit 1	Non-Buddhist Philosophy	15
Unit 2	The two schools of shravakas or Hinayana	15
Unit 3	The two schools of Mahayana.	15

#### Course Contents:

- General Presentation of Non-Buddhist and Buddhist School of Thoughts.
- Introduction to Non-Buddhist Schools of Tenets.
- Brief Explanations of Nihilisms, Kāpilas and the Sāmkhyas, Braḥmaṇa, Vaiyakaraṇa, Vedānta and Guhyaka, and so on.
- Divisions of two schools of shravakas or Hinayana: Vaibhasika and Sautrantika.
- Tenets of Mind-Only School: Definition, Divisions and its philosophies.
- Tenets of Mādhyamika: Definition, Divisions, History and their views.

#### Texts and References

- 1) Acarya Bhāvaviveka's Blaze of Reasoning (Skt. tarka-jvāla Tib. Rtog ge 'bar ba), in which he explains all the major philosophical views of his day.
- 2) Jetsun Choekyi Gyaltzen's General Meaning of Tenet System.
- 3) H.H The Dalai Lama's drub mtha' rinchen phreng ba, commentary on Buddhist and Non-Buddhist school of thought.
- 4) Changkya Rolpa Dorje's Detailed Commentary on the views of different Tenet systems.

## 1.4. Core Course -B2 (Minor-Philosophy): Buddha's Nature *kulam* (PH106)

### Objective and Course Outcomes:

To impart the knowledge particularly on Buddha's Nature (*kulam*), which is considered as one of the main subject in the first chapter of Maitreya's Ornament for Clear Realization (*Abhisamayālaṅkāra*).

**Credits: 3 (45hrs)**

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit1	Definition of Buddha's Nature	5
Unit 2	Various types of Classification	10
Unit 3	Naturally Abiding Buddha Nature	10
Unit 4	Transformational Buddha Nature	10
Unit 5	Thirteen Mahayana Achievements	10

### Course Contents:

- The difference of explanation among the four schools of thought on the meaning of Buddha's nature and its types.
- The detailed classification of Buddha's nature stated in Maitreya's Ornament of the Sutras *sutralamkarakarika* text.
- How to awaken the Buddha's lineage that exists in the continuum of entire sentient beings? The signs of awakening Buddha's lineage and its benefits.
- The two types: 1. Naturally Abiding Buddha nature *svabhāvasthānagotra* 2. The Transformational Buddha nature.
- Nine Illustrations and Actualities, stated in Maitreya's *Sublime Continuum*, to prove the relevant of Buddha's Nature.
- How Maitreya's Ornament of the Sutras explain Buddha's Nature through nine points?
- Thirteen Mahayana Achievements (sgrub pa bcu gsum) such as Four Path of Preparations, Path of Seeing, Path of Meditation and so on.
- How the four schools of thoughts are different in explaining about Buddha's Nature?

### Texts and References

1. *Ācārya Śāntideva's Bodhisattvacāryāvatāra, Engaging in the Bodhisattva's Way.*
2. *Lord Buddha's Prajñāpāramitāsūtra of large, medium and short.*
3. Maitreya's *Abhisamayālaṅkāra* Ornament for Clear Realization (Tib. *Mngon rtogs rgyan*), root text on *Prajñāpāramitā sūtra*.
4. Maitreya's Ornament of the Sutras *sutralamkarakarika* (Tib. *Mdo sde rgyan*)

5. Haribhadra's commentary on the *Abhisamayālaṅkāra* (Tib. 'grel pa don gsal).
6. Tsongkhapa's *Golden Rosary of Good Explanation* (Tib. legs bshad gser phreng) commentary on Haribhadra's text.
7. GyaltsabJe's *rnam bshad snying rgyan*, commentary on Maitreya's *Abhisamayālaṅkāra*.
8. Arya vimuktisena's Illumination of the 25000 stanzas perfection of wisdom *Abhisamayālaṅkāravrttivimzatiāloka* (Tib nyi khri snang ba)
9. Haribhadra's Illumination of *Abhisamayālaṅkāra* (Tib. 'gran snang)

## Common Syllabus for All

### 1.5. Open Elective Course 1: Signs and Reasonings (LE101)

As this syllabus is common with other department students, please See page number 8

### 1.6. AECC – 1: Tibetan Language 1: Composition, Letter Writing and Grammar (TL105)

As this syllabus is common with other department students, please See page number 9

### 1.7. AECC – 2: Tibetan Language 2: Poetry and Literature (TL106)

As this syllabus is common with other department students, please See page number 10

### 1.8. SEC – 1: YG101: The Nine Mental States in Cultivation of *Shamatha*

As this syllabus is common with other department students, please See page number 11

## 2. Semester II, 1<sup>st</sup> Year

### Credit Distribution: Sem. 2, 1<sup>st</sup> Year

<b>Sr. No.</b>	<b>Type of Course</b>	<b>No. of Credits</b>
1	Compulsory Core Course -1 (Major: A3)	3
2	Compulsory Core Course – 2 (Major:A4)	3
3	Compulsory Core Course -1 (Minor: B3)	3
4	Compulsory Core Course -2 (Minor: B4)	3
5	Open Elective - 1	3
6	Department Specific Elective - 1	-
7	AECC - 1	3
8	AECC - 2	3
9	SEC-1	2
10	SEC-2	2
	<b>Total</b>	<b>25</b>

Curriculum: Sem. 2, 1<sup>st</sup> Year (Minor in Ancient Philosophy)

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<b>Major: Ancient Psychology (Compulsory Courses)</b>				
1	Core Course –A3	Refuge & The Altruistic Mind (PS103)	Dept. of Psychology	3
2	Core Course –A4	Clairvoyances & The Path of Preparation (PS104)	Dept. of Psychology	3
<b>Minor: Ancient Philosophy</b>				
3	Core Course – B3	Three Identityless Phenomena (trividhā-nihsvabhatā) (PH103)	Dept. of Philosophy	3
4	Core Course – B4	Negation of two Extreme Views: Eternalism (nityānta) and Nihilism (ucchedānta) (PH104)	Dept. of Philosophy	3
<b>Open Elective</b>				
5	Open Elective -1			3
<b>Ability Enhancement Compulsory Courses</b>				
6	AECC-1	Tibetan Language 3: Composition, Letter-Writing and Grammar (TL107)	Dept. of Tibetan Culture	3
7	AECC – 2	Tibetan Language 4: Poetry and Literature (TL108)	Dept. of Tibetan Culture	3
<b>Skill Enhancement Courses</b>				
8	SEC-1	Antidotes to Laxity and Excitement in Cultivation of Shamatha (YG102)	Dept. of Yogic Training	2
9	SEC-2	Sports		2
		<b>Total</b>		<b>25</b>

## 2.1. Core Course – A3: Refuge and the Altruistic Mind (PS103)

### Objective

To introduce the student to the Altruistic Mind that aspires for omniscience for the sake of all sentient beings, its nature and its benefits. The course will also help the students understand the unsatisfactory nature of this world, understand one's own suffering and its causes and the source of refuge that protect oneself from this suffering.

### Credits: 3

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit 1	The Various Types of Altruistic Mind	6
Unit 2	The Entity of the Altruistic Mind	16
Unit 3	How to Cultivate the Altruistic Mind	8
Unit 4	Signs of having cultivated the Altruistic Mind of Enlightenment	5
Unit 5	The Three Sources of Refuge and their respective entities	8

### Texts and References

- Arya Maitreya. 'Abhisamayalankara – Ornament of Clear Realizations'
- Acharya Haribhadra. 'Abhisamayalankaravrtti – Commentary on the Ornament of Clear Realizations.'
- Acharya Shantideva. 'Bodhicaryavatara – A Guide to the Bodhisattva's Way of Life.'
- Je Lama Tsongkhapa. 'Golden Garden of Eloquence.'
- Gyaltsap Dharma Rinchen. '*Ornament of the Heart-Essence of Paramita*'
- Jetsun Chokyi Gyaltsen. '*Clarifying the General Meaning of the First Chapter of the Ornament of Clear Realizations*'
- Jetsun Chokyi Gyaltsen. '*A Decisive Analysis of the Essential Points of First Chapter of the Ornament of Clear Realizations*'

## 2.2. Core Course – A4: Clairvoyances and the Path of Preparation (PS104)

### Objective

To introduce the student to the meditations to be practised to cultivate the five different clairvoyances. The course would also help the student understand the attributes of the path of preparation, its four divisions and the objects of abandonment abandoned on this path.

### Credits: 3

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit 1	The Five Types of Clairvoyances, their domains and causes	5
Unit 2	The Entity of Each Clairvoyance and the bases on which they are cultivated	8
Unit 3	The Five Distinguishing Features of the Mahayana Path of Preparation	12
Unit 4	The Four Divisions of the Path of Preparation and their respective objects of observation and aspects	20

### Texts and References

- Arya Maitreya. 'Abhisamayalankara – Ornament of Clear Realizations'
- Acharya Haribhadra. 'Abhisamayalankaravrtti – Commentary on the Ornament of Clear Realizations.'
- Acharya Shantideva. 'Bodhicaryavatara – A Guide to the Bodhisattva's Way of Life.'
- Je Lama Tsongkhapa. 'Golden Garden of Eloquence.'
- Gyaltsap Dharma Rinchen. '*Ornament of the Heart-Essence of Paramita*'
- Jetsun Chokyi Gyaltzen. '*Clarifying the General Meaning of the First Chapter of the Ornament of Clear Realizations*'
- Jetsun Chokyi Gyaltzen. '*A Decisive Analysis of the Essential Points of First Chapter of the Ornament of Clear Realizations*'

## 2.3. Core Course – B3: Three Identityless Phenomena (PH103)

### Objective and Course Outcomes:

After the completion of this paper, the students could be able to define the three phenomena and three Identityless Phenomena and their origin source, non-contradictory in the words of Unravelling the Thought *saṃdhinirmocana sūtra*, and the main thought of

statement that “all the phenomena are non-entityness or absence of inherent existence”, stated in the second wheel of dharma.

**Credits: 3 (42 hrs)**

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit 1	<i>The three natural phenomena svabhāva-traya.</i>	13
Unit 2	Three Identityless Phenomena <i>trividhānihsvabhātā.</i>	11
Unit 3	Thought Behind the Statements that all phenomena are Natureless	11
Unit 4	Thought behind the statements that all phenomena are Unproduced and so forth	10

**Course Contents:**

- Two means of differentiation on the interpretable and the definitive meaning of Buddha’s sutra. The two ways of *Madhyamika* and *Cittamatra* school of thought.
- *The three types of phenomena according to the cittamātin or yogacara school of philosophy.*
- *1. Imputed Phenomena parikalpita lakṣaṇam. 2. Dependent Phenomena paratantralakṣaṇam. 3. Thoroughly Established Phenomena pariniṣpannalakṣaṇam.*
- *Understanding of their definition, their kinds, and their special features of explanation among the four school of philosophy.*
- *Detailed analysis through the three specially means of analysis: Refutation, Establishment and Responding to an assertion.*
- *The three Identityless Phenomena: 1. Identitylessness of characteristics lakṣananihsvabhāvatā. 2. Identitylessness of production utpattinihsvabhāvatā. 3. Identitylessness of ultimate phenomena paramārthanihsvabhāvatā.*
- *The detailed interpretation on each identitylessnesses with the examples and detailed analysis through interaction among the students.*
- *The differentiation on the explanation of sunyata by Cittamanta school of thought from Madhyamika school of thought.*

**Texts and References**

1. The Ground of the *Bodhisattva*: Ārya Asanga's *Bodhisattvabhūmi* (Tib. *Byang sa*)
2. Lord Buddha’s Unravelling the Thought *saṃdhanirmocana sūtra* (Tib. *Mdo sde dgongs 'grel*)
3. Tsongkhapa’s The Essence of Eloquence on the Interpretable and Definitive Meaning (Tib. *Drang nges*)
4. Asanga’s Summary of the Great Vehicle *Mahāyānasamgraha* (Tib. *Theg bsdus*)
5. *Asanga’s* Compendium of Ascertainments *nirṇayasamgraha*. (Tib. *kun btus*)
6. Asanga’s *Bodhisattva* Grounds *bodhisattva-bhūmi* (Tib *byang sa*)
7. Vasubandhu’s “Thirty Verses”. (Tib *sum cu pa*)

## 2.4. Core Course – B4 (Minor-Philosophy): The Three Turnings of the Wheel of Dharma (PH108)

### Objectives:

- To impart the learners the extensive philosophical knowledge especially on yogacara doctrine of ultimate nature called non-duality or *ubhayaśūnyatā*.
- To familiarize yogacara's doctrine explanation on the three wheel of dharma.

### Course Outcomes (COs):

At the end of Semester course, the students should be able to explain extensively on Yogacara view of the three wheel of dharmas.

### Credits: 3 (45 hrs)

Sr. No.	Description	No. of Hours (Lectures +Tutorials+ Debate)
Unit 1	The Three Wheel of Dharma.	15
Unit 2	The origin scriptural source of <i>Yogācarā tradition</i> master Asanga's interpretation.	10
Unit 3	Whether the First and Second Wheel require interpretation according to Mind-Only School?	10
Unit 4	Various types of Reasoning to prove Non-Duality nature.	10

### 1: THE THREE TURNINGS OF THE WHEEL OF DHARMA.

- The Three Turnings of the Wheel (of Dharma) refers to a framework for understanding the sutra stream of the teachings of the Buddhism.
- Interpretation on the three wheel of dharma among the Theravada and Mahayana school of thought, and especially according to the *yogacara* tradition.
- The first turning consisted of the teaching of the Four Noble Truths (skt: catvāryāryasatyāni) and the other elements of the *Tripitaka* – the [Abhidharma](#), [Sutrapitaka](#) and [Vinaya](#).
- In the second turning, the emphasis is on [emptiness](#) (Skt: *śūnyatā*) as epitomized in the *Prajñāpāramitā sutras*, and on [compassion](#) (Skt: *karuṇā*).
- The third teaching [Ārya-samdhī-nirmocana-sūtra](#) or *Noble sūtra of the Explanation of the Profound Secret*, is the most foundational sutra of the [Yogācāra](#) school. The sūtra affirms that the earlier two turnings while being authentic are also flawed or incomplete and require interpretation. The [Samdhī-nirmocana](#) (Tib. *mdosdedgongs 'grel*) further claims that its teachings are the ultimate and final truth. Major ideas include the basis-consciousness ([ālaya-vijñāna](#)), and the doctrine of cognition-only ([vijñapti-mātra](#)) and the "three natures" (*trisvabhāva*).

## 2: THE ORIGIN SCRIPTURAL SOURCE OF YOGACARA TRADITION MASTER ASANGA'S INTERPRETATION.

- Asaṅga, an Indian scholar who is considered one of the most important spiritual figures of [Mahayana](#) Buddhism and as the founder of the [Yogacara](#) school.
- *Based on Lord Buddha's Unravelling the Thought saṃdhinirmocana sūtra*, Pandit Asaṅga (4<sup>th</sup> century CE) expounded the three natures and other subjects according to the Yogacara school of philosophy in his five treatises of *Yogācārabhūmi* (Tib. *sa sde Inga*).
- The *Yogācārabhūmi* is generally associated with the ancient Indian philosophy of *Yogācāra* school. It contains certain unique *Yogācāra* doctrines, like the [eight consciousnesses](#) and the *ālaya-vijñāna* (storehouse or foundational consciousness).
- Asaṅga's Bodhisattva Grounds *bodhisattva-bhūmi* (Tib. *byangsa*) and its Compendium of Ascertainments *nirṇayasamgraha* (Tib. *Bsdu ba*) also made detail interpretation on *Yogācāra* doctrines.

### Texts and References

1. Tsongkhapa's The Essence of Eloquence on the Interpretable and Definitive Meaning (Tib *drang nges*).
2. The Ground of the *Bodhisattva: Ārya Asanga's* (300 AD-370 AD) *Bodhisattvabhūmi* (Tib *byang sa*)
3. Lord Buddha's Unravelling the Thought *saṃdhinirmocana sūtra* (Tib *mdo sde dgongs 'grel*)
4. Asaṅga's Summary of the Great Vehicle *Mahāyānasamgraha* (Tib *theg bsdus*)
5. *Asaṅga's* Compendium of Ascertainments *nirṇayasamgraha*. (Tib *kun btus*)
6. Asaṅga's Bodhisattva Grounds *bodhisattva-bhūmi* (Tib *byang sa*)
7. Asaṅga's five treatises of *Yogācārabhūmi* (Tib *sa sde Inga*)

## Common Syllabus for All

### 2.5. Open Elective Course: Definition of Pramana & Valid Reason (Samyak-linga) (LE102)

As this syllabus is common with other department students, please See page number 18

### 2.6. AECC – 1: Tibetan Language 3: Composition, Letter Writing and Grammar (TL107)

As this syllabus is common with other department students, please See page number 19

### 2.7. AECC – 2: Tibetan Language 4: Poetry and Literature (TL108)

As this syllabus is common with other department students, please See page number 20

### 2.8. SEC -1: Antidotes to Laxity and Excitement in Cultivation of Shamatha (YG102)

As this syllabus is common with other department students, please See page number 21

## Semester III, 2nd Year

Credit Distribution: BA (Hons.) – Ancient Psychology, Semester 3, 2<sup>nd</sup> Year

<b>Sr. No.</b>	<b>Type of Course</b>	<b>No. of Credits</b>
1	Compulsory Core Course -1 (Major)	3
2	Compulsory Core Course – 2 (Major)	3
3	Compulsory Core Course -1 (Minor)	3
4	Compulsory Core Course -2 (Minor)	3
5	Open Elective - 1	3
6	Department Specific Elective - 1	-
7	AECC - 1	3
8	AECC - 2	3
9	SEC-1	2
10	SEC-2	2
	Total	25

Curriculum: Sem. 3, 2<sup>nd</sup> Year (Minor in Ancient Philosophy)

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<b>Major: Ancient Psychology (Compulsory Courses)</b>				
1	Core Course - A1	Shamatha and Vipashyana (PS201)	Dept. of Psychology	3
2	Core Course - A2	Meditative Absorptions (Form Realm)(PS202)	Dept. of Psychology	3
<b>Minor: Ancient Philosophy</b>				
3	Core Course - B1	The Links of Propelling and Propelled Factors (PH205)	Dept. of Philosophy	3
4	Core Course - B2	The Links of Materializing and Materialized Factors (PH206)	Dept. of Philosophy	3
<b>Open Elective</b>				
5	Open Elective -1	Examination of the Validity of a Fourth Valid Evidence? (LE201)	Dept. of Logic & Epistemology	3
<b>Ability Enhancement Compulsory Courses</b>				
6	AECC-1	Tibetan Language 5: Composition, Letter-Writing and Grammar (TL205)	Dept. of Tibetan Culture	3
7	AECC – 2	Tibetan Language 6: Poetry and Literature (TL206)	Dept. of Tibetan Culture	3
<b>Skill Enhancement Courses</b>				
8	SEC-1	Cultivating Vipashyana – The Selflessness of Person (YG201)	Dept. of Yogic Training	2
9	SEC-2	Social, Emotional and Ethical Learning (ET201)	Dept. of Ethics	2
		<b>Total</b>		<b>25</b>

### 3.1. Core Course – 1: Shamatha and Vipashyana (PS201)

#### Course Description:

The course will cover the following topics:

- A detailed explanation of methods to cultivate *Shamatha* and *Vipashyana* as presented in *Sutralamkara* and *Madhyanta-Vibhanga*
- Sequence of meditations to cultivate the various *Samadhis* of the higher realms

#### Objective

This course will help the student to understand:

- The two kinds of meditative states that one needs to cultivate for higher realizations – Meditative Serenity (*Shamatha*) and Analytical Insight (*Vipashyana*)
- The Proximal *Samadhi* States that prepare a practitioner for the attainment of the actual *Samadhis* of the Form Realm (*Rupa-Loka*) *Dhyanas*

#### Credits: 3

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Cultivation of <i>Shamatha</i>	10
Unit 2	Cultivation of <i>Vipashyana</i>	18
Unit 3	Proximal <i>Dhyana</i> (Absorption)	10
Unit 4	Actual <i>Dhyana</i> (Absorption)	7

#### Texts and References

1. Tsongkhapa's Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text.
2. Gyalsab Je's rnam bshad snying rgyan, Commentary on Maitreya's *Abhisamayālaṅkāra*
3. Maitreya's Ornament of the Sutras - *Sutralamkara* karika (Tib. mdo sde rgyan)
4. Maitreya's 'Discrimination of the Middle Way and the Extremes – *Madhyanta Vibhanga*'
5. Lama Tsong Khapa's 'The Great Treatise on the Stages of the Path to Enlightenment'
6. Science and Philosophy in the Indian Buddhist Classics – Vol 2
7. Acharya Vasubandhu's 'Abhidharmakosakarika – Chapter 5'
8. Acharya Asanga's 'Yogacara Sravakabhumi'
9. Jetsun Chokyi Gyaltzen's 'The General Essence of *Rupa-loka Dhyana* and *Arupa-loka Samadhis* and its Critical Analysis'

## 3.2. Core Course – 2: Afflictions and Afflictive Absorptions (PS202)

### Course Description:

The course will cover the following topics:

- Afflictive states of mind and the six root afflictions
- Secondary afflictions and their cause and conditions

### Objective

This course will help the student to understand:

- How to identify and subdue the afflictive states of mind in order to produce calm and happiness induced by an ultimate non-concealer mind
- How to catalyse the enhancement of meditation on the virtuous states of mind like love, compassion etc.

### Credits: 3

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Identification of afflictions	12
Unit 2	The sequence of causes and conditions that effect afflictions	13
Unit 3	Afflictive Absorptions	10
Unit 4	Root and Secondary afflictions	10

### Texts and References

1. Tsongkhapa's *Golden Rosary of Good Explanation* (Tib *legs bshad gser phreng*) Commentary on Haribhadra's text.
2. *Gyaltsab Je's rnam bshad snying rgyan, Commentary on Maitreya's Abhisamayālaṅkāra*
3. Maitreya's *Ornament of the Sutras - Sutralamkara karika* (Tib. *mdo sde rgyan*)
4. Maitreya's '*Discrimination of the Middle Way and the Extremes – Madhyanta Vibhanga*'
5. Lama Tsong Khapa's '*The Great Treatise on the Stages of the Path to Enlightenment*'
6. *Science and Philosophy in the Indian Buddhist Classics – Vol 2*
7. Acharya Vasubandhu's '*Abhidharmakosakarika – Chapter 5*'
8. Acharya Asanga's '*Yogacara Sravakabhumi*'
9. Jetsun Chokyi Gyaltsen's '*The General Essence of Rupa-loka Dhyana and Arupa-loka Samadhis and its Critical Analysis*'

### 3.3. Compulsory Course -1 (Minor-Philosophy): The Links of Propelling and Propelled Factors (PH205)

#### Objectives and Course Outcomes:

In this studies period of Semester III, we will learn on Pratītyasamutpāda, Dependent Origination. Among the 12 factors of Dependent Origination, the first seven factors will be taught here extensively.

Credit: 3 (45 hrs)

Exam Max Marks: 60

IA Marks: 40

Sr. No.	Description	No of Hours (Lecture + Debate)
Unit 1	Projecting Causes like Ignorance, Connecting Karmas and Consciousness	15
Unit 2	Projected Results like Name and Form, Sources of Perception, Contact and Feeling	20
Unit 3	The Law of Karma, Causal Effect Relation	10

#### Course Contents:

- Three Projecting Causes IGNORANCE, KARMIC FORMATION and CONSCIOUSNESS: Within the 12 Links of Dependent Origination, the three causes which implant the causes for ripening karmas to be reborn in samsara.
- The Four Projected Results within the 12 Links of Dependent Origination NAME and FORM, THE SIX SENSE SOURCES, CONTACT and FEELING.
- The Law of Karma or Action, which is referred as actions driven by intention, and a deed done deliberately through body, speech or mind. Karma can be classified into various types like three types, or nine types, or five types etc.
- The law of karma is fundamental doctrine in Buddhism.

#### References:

1. Lord Buddha's The *Śālistamba Sūtra* (Rice Seedling Sutra).
2. Nāgārjuna's *Mūlamadhyamakakārikā*.
3. Lord Buddha's The Descent into Lañkā sutra *Lañkāvatāra sūtra*.
4. *Abhidharmakosa* root text and self-commentary by Vasubandhu.
5. Tsongkhapa's Golden Rosary of Good Explanation [legs bshad gser gyi phreng ba]
6. Jetsun Choekyi Gyaltsen's Supplementary Text on Dependent Origination [zur bkol spyi don]

### 3.4. Compulsory Course -2 (Minor-Philosophy): The Links of Materializing and Materialized Factors (PH206)

#### Objective:

In this studies period of Semester III, we will learn further on Pratīyasamutpāda, Dependent Origination. Among the 12 factors of Dependent Origination, the factors from the eighth Craving to the last Aging and Death will be taught here extensively.

**Credit: 3 (45 hrs)**

**Exam Max Marks: 60**

**IA Marks: 40**

Sr. No.	Description	No of Hours (Lecture + Debate)
Unit 1	The Materializing Causes like Craving, Grasping and Existence	25
Unit 2	The Materialized Results like Birth, Aging and Death	20

#### Course Contents:

- Definition and Classification of Materializing Causes likes CRAVING, GRASPING and EXISTENCE.
- Definition and Classification of Materialized Results like BIRTH, AGING and DEATH.
- The process of how the law of Craving and Grasping activate the disturbing emotion and gives its result of Dependent Origination of Existence.
- Samsara or Cyclic Existence.

#### Reference:

1. *Lord Buddha's The Śālistamba Sūtra* (Rice Seedling Sutra).
2. Nāgārjuna's *Mūlamadhyamakakārikā*.
3. *Lord Buddha's The Descent into Laṅkā sutra Laṅkāvatāra sūtra*.
4. *Abhidharmakośa* root text and self-commentary by Vasubandhu.
5. Jetsun Choekyi Gyaltzen's Supplementary Text on Dependent Origination [zur bkol spyi don]
6. Tsongkhapa's Golden Rosary of Good Explanation [legs bshad gser gyi phreng ba]

## Common Syllabus for all

### 3.5. OE: Examination of the Validity of a Fourth Valid Evidence? (LE201)

As this syllabus is common with other department students, please See page number 28

### 3.6. AECC – 1: Tibetan Language 5: Composition, Letter Writing and Grammar (TL205)

As this syllabus is common with other department students, please See page number 29

### 3.7. AECC – 2: Tibetan Language 6: Poetry and Literature (TL206)

As this syllabus is common with other department students, please See page number 30

### 3.8. SEC – 1: YG201: Cultivating Vipashyana – The Selflessness of Person

As this syllabus is common with other department students, please See page number 31

### 3.9. SEC – 2: Social, Emotional and Ethical Learning (ET201)

As this syllabus is common with other department students, please See page number 32

## Semester IV, 2nd Year

Credit Distribution: BA (Hons.) – Ancient Psychology, Semester 4, 2<sup>nd</sup> Year

<b>Sr. No.</b>	<b>Type of Course</b>	<b>No. of Credits</b>
1	Compulsory Core Course -1 (Major)	3
2	Compulsory Core Course – 2 (Major)	3
3	Compulsory Core Course -1 (Minor)	3
4	Compulsory Core Course -2 (Minor)	3
5	Open Elective - 1	3
6	Department Specific Elective - 1	-
7	AECC - 1	3
8	AECC - 2	3
9	SEC-1	2
10	SEC-2	2
	Total	25

Curriculum: Sem. 4, 2nd Year (Minor in Ancient Philosophy)

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<b>Major: Ancient Psychology (Compulsory Courses)</b>				
1	Core Course - A1	The Four Formless Realm Absorptions and the Four Immeasurable Attitudes (PS203)	Dept. of Psychology	3
2	Core Course - A2	Conscientiousness and Introspective Awareness according to Bodhisattvacaryavatara (PS204)	Dept. of Psychology	3
<b>Minor: Ancient Philosophy</b>				
3	Core Course - B1	Analysis of Dharmakaya and Rupakaya (PH207)	Dept. of Philosophy	3
4	Core Course - B2	The Instantiated Sangha Members from Stream Enterers to Arhats (PH208)	Dept. of Philosophy	3
<b>Open Elective</b>				
5	Open Elective -1	Relationship between Evidence and Predicate (LE202)	Dept. of Logic & Epistemology	3
<b>Ability Enhancement Compulsory Courses</b>				
6	AECC-1	Tibetan Language 7: Composition, Letter-Writing and Grammar (TL207)	Dept. of Tibetan Culture	3
7	AECC – 2	Tibetan Language 8: Poetry and Literature (TL208)	Dept. of Tibetan Culture	3
<b>Skill Enhancement Courses</b>				
8	SEC-1	Cultivating Vipashyana – The Selflessness of Phenomena (YG202)	Dept. of Yogic Training	2
9	SEC-2	Vinaya: Code of Monastic Discipline (ET202)	Dept. of Ethics	2
		<b>Total</b>		<b>25</b>

#### 4.1. Core Course – 1: The Four Formless Realm Absorptions and the Four Immeasurable Attitudes (PS203)

##### Course Description:

The course will cover the following topics:

- The Four Formless Realm Absorptions
- The Four Immeasurable Attitudes (*Catvari-Brahmavihara*)

##### Objective

To introduce the student to various stages in the cultivation of the four Formless realm absorptions and the four immeasurable attitudes.

##### Credits: 3

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	A detailed presentation of the various auxiliaries of the Four Rupa-loka Dhyanas	12
Unit 2	The Four Arupa-loka Samadhis	13
Unit 3	The Four Immeasurable Attitudes	10
Unit 4	The benefits of cultivating loving-kindness	10

##### Texts and References

1. Tsongkhapa's *Golden Rosary of Good Explanation* (Tib *legs bshad gser phreng*) Commentary on Haribhadra's text.
2. *Gyaltsab Je's rnam bshad snying rgyan, Commentary on Maitreya's Abhisamayālaṅkāra*
3. Maitreya's Ornament of the Sutras - *Sutralamkara karika* (Tib. *mdo sde rgyan*)
4. Maitreya's '*Discrimination of the Middle Way and the Extremes – Madhyanta Vibhanga*'
5. Lama Tsong Khapa's '*The Great Treatise on the Stages of the Path to Enlightenment*'
6. Science and Philosophy in the Indian Buddhist Classics – Vol 2
7. Acharya Vasubandhu's '*Abhidharmakosakarika* – Chapter 5'
8. Acharya Asanga's '*Yogacara Sravakabhumi*'
9. Jetsun Chokyi Gyaltsen's '*The General Essence of Rupa-loka Dhyana and Arupa-loka Samadhis and its Critical Analysis*'

#### 4.2. Core Course – 2: Conscientiousness and Introspective Awareness according to *Bodhisattvacaryavatara* (PS204)

##### Course Description:

The course will cover the following topics:

- A Guide to the Bodhisattva's Way of Life – *Bodhisattva-caryavatara* (Chapter 4 & 5)
- Cultivation of Conscientiousness and Introspective Alertness

##### Objective

To introduce the student to the Bodhisattva's conduct and the cultivation of conscientiousness and introspective vigilance that are remedies to the mental factors of laxity and excitement that impede the cultivation of meditative serenity.

##### Credits: 3

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Conscientiousness – a comprehensive explanation	5
Unit 2	Meditations on conscientiousness	7
Unit 3	How do Mindfulness and Introspective Attentiveness protect the mind	13
Unit 4	Conduct and other trainings for protection of the mind	20

##### Texts and References

1. Tsongkhapa's *Golden Rosary of Good Explanation* (Tib *legs bshad gser phreng*) Commentary on Haribhadra's text.
2. *Gyaltsab Je's rnam bshad snying rgyan, Commentary on Maitreya's Abhisamayālaṅkāra*
3. Maitreya's Ornament of the Sutras - *Sutralamkara karika* (Tib. *mdo sde rgyan*)
4. Maitreya's '*Discrimination of the Middle Way and the Extremes – Madhyanta Vibhanga*'
5. Lama Tsong Khapa's '*The Great Treatise on the Stages of the Path to Enlightenment*'
6. *Science and Philosophy in the Indian Buddhist Classics – Vol 2*
7. Acharya Vasubandhu's '*Abhidharmakosakarika – Chapter 5*'
8. Acharya Asanga's '*Yogacara Sravakabhumi*'
9. Jetsun Chokyi Gyaltsen's '*The General Essence of Rupa-loka Dhyana and Arupa-loka Samadhis and its Critical Analysis*'

### 4.3. Compulsory Course -1 (Minor-Philosophy): Analysis of Dharmakaya and Rupakaya (PH207)

#### Objective:

Here in this course, we will learn deeper on the detailed analysis on the classifications of Buddhist practitioners, like Four levels of Awakening Body [Tib gzhugs 'bras bzhi], and Eight noble persons (Four enterers and four abiders).

**Credit: 3 (45 hrs)**

**Exam Max Marks: 60**

**IA Marks: 40**

Sr. No.	Description	No of Hours (Lecture + Debate)
Unit 1	Identifications on the Fruit of Sangha Trainee	12
Unit 2	The reason of positing the Four Bodies.	13
Unit 3	Through which ground and path, one would attain these fruits.	10
Unit 4	In which realm and when would we attain these?	10

#### Course Contents:

- A Stream-enterer (Sotāpanna) is free from three constant fetters (mthong spang kun sbyor gsum): 1. Identity view (Pali: sakkāya-diṭṭhi), the belief that there is an unchanging self or soul in the five impermanent skandhas 2. Attachment to rites and rituals (śilavrataparamārsa) 3. Doubt about the teachings (kliṣṭavicikitsā).
- A Once-returner (Sakadāgāmin) has greatly attenuated the five lower fetters (Tib. mtha' ma'i cha mthun lnga).
- A Non-returner (Anāgāmi) is free from the five lower fetters.
- An Arahant is free from all of the five lower fetters and the five higher fetters (Tib. gong ma'i cha mthun lnga).
- The teaching of the four stages of awakening is a central element of the early Buddhist schools.

#### Reference:

1. The root text of *Abhidharmakosa* and self commentary by Vasubandhu.
2. Maitreya's Abhisamayalankara, Ornament for Clear Realization.
3. Tsongkhapa's Golden Rosary of Good Explanation, commentary on Haribhadra's text.
4. Gyaltsab Je's commentary on *Abhisamayalankara*.
5. Arya vimuktisena's "Illumination of the 25000 stanzas perfection of wisdom" *abhisamayalamkara vrtti vimzati aloka*.
6. Haribhadra's commentary called "Illumination of *Abhisamayalamkara*".
7. Jetsun Choekyi Gyaltsen's Supplementary Commentary with Analysis called zur bkol.

#### 4.4. Compulsory Course -2 (Minor-Philosophy): The Instantiated Sangha Members from Stream Enterers to Arhats (PH208)

##### Objectives:

To get the extensive understanding on the twenty kinds of spiritual sangha practitioners.

##### Course Outcomes [COs]

The students will be able to understand the identification of each of sangha members, and their classifications as explained in mainly Haribhadra's Commentary called Clear Meaning (spuṭhārtha).

**Credit: 3 (45 hrs)**

**Exam Max Marks: 60**

**IA Marks: 40**

Sr No.	Description	No of Hours (Lecture + Debate)
Unit 1	5 nos of Stream Enterers	10
Unit 2	3 nos of Once Returners	10
Unit 3	10 nos of Non returners	18
Unit 4	1 Arhat Approacher. 1 Solitary Realizer.	7

##### Course Contents:

- Sangha member can be illustrated in the form of instantiating twenty members and instantiated twenty members.
- Twenty kinds of Sangha members are: 5 nos of Stream Enterers. 3 nos of Once Returners. 10 nos of Non returners. 1 Arhat Approacher. 1 Solitary Realizer.
- How they are classified and attained? What types of faults needs to be abandoned to attain each member?
- All the instantiating twenty members are included in Theravada school of paths, and the other instantiated ones are included in Mahayana paths.

##### References:

1. Abhidharmakosa root text and self commentary by Vasubandhu.
2. Maitreya's Abhisamayalankara, Ornament for Clear Realization.
3. *Lord Buddha's Prajñāpāramitā sūtra of large, medium and short.*
4. Haribhadra's Commentary on the Abhisamayālaṅkāra.
5. Tsongkhapa's Golden Rosary of Good Explanation, commentary on Haribhadra's text.
6. *Gyaltsab Je's commentary on Abhisamayalankara.*
7. Arya vimuktisena's "Illumination of the 25000 stanzas perfection of wisdom" abhisamayalamkara vrtti vimzati aloka.
8. Haribhadra's commentary called "Illumination of Abhisamayalamkara".
9. Jetsun Choekyi Gyaltsen's Supplementary Commentary with Analysis called zur bkol.

## Common Syllabus for all

### 4.4.1. OE: Relationship between Evidence and Predicate (LE202)

As this syllabus is common with other department students, please See page number 39

### 4.5. AECC – 1: Tibetan Language 7: Composition, Letter Writing and Grammar (TL207)

As this syllabus is common with other department students, please See page number 40

### 4.6. AECC – 2: Tibetan Language 8: Poetry and Literature (TL208)

As this syllabus is common with other department students, please See page number 41

### 4.7. SEC -1: Cultivating Vipashyana – The Selflessness of Phenomena (YG202)

As this syllabus is common with other department students, please See page number 42

### 4.8. SEC -2: Vinaya – Code of Monastic Discipline (ET202)

As this syllabus is common with other department students, please See page number 43

## Semester V, 3rd Year

Credit Distribution: BA – Ancient Psychology, Semester 5, 3<sup>rd</sup> Year

Sr. No.	Type of Course	No. of Credits
	<b>DSC</b>	
1	DSC Compulsory Core Course – A9	4
2	DSC Compulsory Core Course – A10	4
3	DSC Compulsory Core Course – A11	4
4	DSC Compulsory Core Course – A12	4
	<b>DSE</b>	
5	Discipline Specific Elective – 1	3
	<b>Vocational and SEC</b>	
6	Vocational - 1	3
7	SEC-9	2
	<b>Total</b>	<b>24</b>

Curriculum: Sem. 5, 3<sup>rd</sup> Year

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<b><i>DSC-Compulsory Courses - Ancient Psychology</i></b>				
1	Core Course – A9	All-Basis Foundational Consciousness	Dept. of Ancient Psychology	4
2	Core Course – A10	The Afflicted Mind	Dept. of Ancient Psychology	4
3	Core Course – A11	The Three Path-Knowers	Dept. of Ancient Psychology	4
4	Core Course – A12	Difference between Tainted and Untainted Paths	Dept. of Ancient Psychology	4
<b><i>DSE - Ancient Psychology</i></b>				
5	DSE – 1	Conventional and Ultimate Mind-Training	Dept. of Ancient Psychology	3
<b><i>Vocational and Skill Enhancement Courses</i></b>				
6	Voc -1	Training in Mindfulness of Body		3
7	SEC-9	Buddhist Cosmology		2
		<b>Total</b>		<b>24</b>

## 4.1 Core Course – 1: All-Basis Foundational Consciousness

### Course Description:

The course will cover the following topics:

- The nature of the All-Basis Foundational Consciousness (*Alaya Vijnana*) according to Tenet Systems that assert that there are more than six consciousnesses.
- The function of the All-Basis Foundational Consciousness (*Alaya Vijnana*)
- Patience as an essential practice for the cultivation of Bodhicitta
- Patience as a protector against the danger of erosion of merit through anger

### Objective

This course will help the student to understand:

- The various presentations by different Tenet Systems regarding the number of consciousnesses that exist in our mindstreams
- The nature and functions of these different consciousnesses in particular the All-basis foundational consciousness.

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The Essence of the All-Basis Foundational Consciousness ( <i>Alaya-Vijnana</i> )	12
Unit 2	Proofs establishing the existence of the All-Basis Foundational Consciousness ( <i>Alaya Vijnana</i> )	18
Unit 3	The flaws of anger and its ability to destroy merit	12
Unit 4	The Benefits of cultivating patience	18

### Texts and References

1. Lama Tsongkhapa: 'The Afflicted-Mind and the All-Basis Foundational Consciousness' (Root Text and Commentary)
2. Acharya Vasubandhu: 'The Thirty Verses' (Root Text and Commentary)
3. Acharya Asanga: 'Compendium of the Superior Spiritual Approach' (Root Text and Commentary)
4. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
5. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
6. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayalankara*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
7. Jetsun Chokyi Gyaltsen: 'The General Essence of the *Abhisamayalamkara*' and 'Critical Examination of the Essential Points of the *Abhisamayalamkara*'

## 4.2 Core Course – 2: The Afflicted Mind

### Course Description:

The course will cover the following topics:

- The nature of the Afflicted-mind (*Klishta-Manas*)
- Proofs establishing the existence of the Afflicted-mind (*Klishta-Manas*)
- The seven points of mind training.

### Objective

This course will help the student to understand:

- The nature and functions of the afflicted-mind
- The general aspects of training one's mind and the seven-point mind training

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The Essence of the Afflicted-Mind ( <i>Klishta-Manas</i> )	12
Unit 2	Proofs establishing the existence of the Afflicted-mind ( <i>Klishta-Manas</i> )	16
Unit 3	The seven points of mind training	14
Unit 4	The 37 practices of a Bodhisattva	18

### Texts and References

1. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
2. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
7. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalankara, Commentary on Maitreya's Abhisamayālaṅkāra'
8. Jetsun Chokyi Gyaltzen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'

### 4.3 Core Course – 3: The Three Path-Knowers

#### Course Description:

This course will cover the three types of exalted knowers that have to be cultivated by a trainee on the Bodhisattva path. The trainee has to train in and realize the exalted knowers that a Hearer (Shravaka) and Solitary-realizer (Pratyekabuddha) has to cultivate as they progress on their respective spiritual paths. The course will also discuss the benefits of perseverance as an antidote to the different kinds of laziness.

#### Objective

To introduce the student to the second type of the exalted knowers that a trainee on the Bodhisattva path has to realize. The course will also help the student recognize the drawbacks of laziness and and the short-term and long-term antidotes to it. It will introduce the student to the virtues of perseverance.

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The Path-knowers that know the Hearer (Sravaka) Paths	18
Unit 2	The Path-knower that knows the Bodhisattva Paths	16
Unit 3	The Faults of the three kinds of laziness	12
Unit 4	The benefits of Perseverance	14

#### Texts and References

1. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalankara, Commentary on Maitreya's Abhisamayālaṅkāra'
2. Jetsun Chokyi Gyaltzen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'
3. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
7. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
8. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)

#### 4.4 Core Course – 4: Difference between Tainted and Untainted Paths

##### Course Description:

The course covers a detailed presentation of the Paths that know the basis-knowers and the paths that can be qualified as being either tainted or untainted.

##### Objective

To introduce the student to Basis-knowers and the difference between tainted and untainted paths and also about the entity of rejoicing.

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Nature of Tainted and Untainted Paths	14
Unit 2	Difference between Tainted and Untainted Paths	10
Unit 3	The Nature of Rejoicing	10
Unit 4	The Essence of Basis-knowers	26

##### Texts and References

1. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
2. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib: legs bshad gser phreng) Commentary on Haribhadra's text'.
3. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayālaṅkāra*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltsen: 'The General Essence of the *Abhisamayālaṅkāra*' and 'Critical Examination of the Essential Points of the *Abhisamayālaṅkāra*'
5. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
6. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
7. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
8. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'

## 4.5 DSE – 1: Conventional and Ultimate Mind-Training

### Course Description:

The course will cover the following topics:

- Conventional and Ultimate Mind-training techniques
- How to cultivate the various kinds of minds as instructed in the Mind-training techniques in particular the 7-points of mind training
- The 37 practices of a Bodhisattva

### Objective

This course will help the student to understand:

- Different mind-training techniques and the instructions that they offer

**Credits: 3**

**(Contact Hours: 45)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Conventional and Ultimate Mind Training	12
Unit 2	The seven points of mind training	18
Unit 3	The 37 practices of a Bodhisattva	15

### Texts and References

1. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
2. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
7. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalamkara, Commentary on Maitreya's *Abhisamayālaṅkāra*'
8. Jetsun Chokyi Gyaltzen: 'The General Essence of the *Abhisamayalamkara*' and 'Critical Examination of the Essential Points of the *Abhisamayalamkara*'

## 4.6 Voc - 1: Training in the Mindfulness of Body

### Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena, in particular the fundamental nature of our body and transforms the mental perspective of the trainee.

**Credits: 3**

**(Contact Hours: 45)**

<b>Sr. No.</b>	<b>Description</b>	<b>No. of Hours (Lectures + Practical)</b>
Unit 1	Mindfulness of Breathing and the postures of the Body	15
Unit 2	Reflection on repulsiveness of the body and on material elements	15
Unit 3	The Nine Cemetery Contemplations	15

### Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

#### 4.7 SEC – 9: Buddhist Cosmology

##### **Objective**

This paper deals with Cosmology from the Buddhist viewpoint as explained in texts like Abhidharma and Kalachakra-Tantra. The four phases of cycles like Formation, Abiding, Destruction and Emptiness are well explained here.

**Credits: 2**

**(Contact Hours: 30)**

<b>Sr. No.</b>	<b>Description</b>	<b>No. of Hours (Lectures + Practical)</b>
Unit 1	The Cosmos and Its Inhabitants in Abhidharma	15
Unit 2	The Development of the Cosmos in Kalachakra Texts	15

##### **Texts and References**

1. Acharya Vasubandhu: Root Text called Treasury of Knowledge Abhidharmakosa
2. Acharya Vasubandhu: Self Commentary on Treasury of Knowledge.
3. Khedup Norsang Gyatso: Ornament of Stainless Light
4. Arya Asanga: Compendium of Abhidharma
5. H.H The 14th Dalai Lama: Universe in a Single Atom

## Semester VI, 3rd Year

Credit Distribution: BA – Ancient Psychology, Semester 6, 3<sup>rd</sup> Year

<b>Sr. No.</b>	<b>Type of Course</b>	<b>No. of Credits</b>
	<b>DSC</b>	
1	DSC Compulsory Core Course – A13	4
2	DSC Compulsory Core Course – A14	4
3	DSC Compulsory Core Course – A15	4
4	DSC Compulsory Core Course – A16	4
	<b>DSE</b>	
5	Discipline Specific Elective – 2	3
	<b>Vocational and SEC</b>	
6	Vocational - 2	3
7	SEC-10	2
	<b>Total</b>	<b>24</b>

Curriculum: Sem. 6, 3<sup>rd</sup> Year

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<b><i>Major: Ancient Psychology (DSC- Compulsory Courses)</i></b>				
1	Core Course - A13	Meditation on the Aspects of the Three Exalted Knowers	Dept. of Ancient Psychology	4
2	Core Course – A14	Absorption of Cessation	Dept. of Ancient Psychology	4
3	Core Course – A15	The Latter Three <i>Prayoga</i>	Dept. of Ancient Psychology	4
4	Core Course – A16	The Subtle Mind-Body in Vajrayana	Dept. of Ancient Psychology	4
<b><i>Discipline Specific Elective</i></b>				
5	DSE-2	Exchanging Self and Others	Dept. of Ancient Psychology	3
<b><i>Vocational and Skill Enhancement Courses</i></b>				
6	Voc-2	Training in Mindfulness of Feelings		3
7	SEC-10	Yoga and Meditation (Bhavanakrama – Intermediate)		2
		<b>Total</b>		<b>24</b>

## 6.1. Core Course – 1: Meditation on the Aspects of the Three Exalted Knowers

### Course Description:

This course will cover the process of meditating on all aspects of the three exalted-knowers through aggregation. It will also cover other methods of meditation including devoted-intent and metal-engagement meditation and meditation through generation in the nature of the path. It will also cover the remaining divisions of 37 factors of enlightenment.

### Objective

To introduce the student to the variety of meditation processes including the process of meditating on all aspects of the three exalted-knowers through aggregation and also to introduce the student to the qualities that characterise a Buddha.

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Meditating on all aspects of the three exalted-knowers through aggregation	16
Unit 2	Various other Meditations Processes	16
Unit 3	Extensive presentation of Mindfulness	14
Unit 4	The Eight-fold Noble Path	14

### Texts and References

1. Jetsun Chokyi Gyaltzen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara - Chapters 5-8'
2. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
3. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalamkara, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltzen: 'The Conclusive Examination of the Abhisamayalamkara- Chapters 5-8'
5. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.

## 6.2. Core Course – 2: Absorption of Cessation

### Objective

To introduce the student to a detailed presentation of the three Paths of emanation, the absorptions in the state of cessation and the perfection of wisdom in the sense of the path.

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The three Paths of emanation	16
Unit 2	Absorption of cessation	14
Unit 3	Perfection of wisdom in the sense of the path	12
Unit 4	The four characteristics	18

### Texts and References

1. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
2. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
3. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayalankara*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltzen: 'The Conclusive Examination of the *Abhisamayalamkara*- Chapters 5-8'
5. Jetsun Chokyi Gyaltzen: 'The General Essence of the *Abhisamayalamkara*' and 'Critical Examination of the Essential Points of the *Abhisamayalamkara* - Chapters 5-8''

### 6.3. Core Course – 3: The Latter Three Prayoga

#### Course Description:

There are four Prayogas

- The Process of Contemplation of all aspects of the three exalted-knowers
- The Culminating Degrees of the Process of Illumination
- The Clear Realization as Progressive Form of Contemplation
- The Final Momentary Clear Realization

This course will focus on the final three prayogas. It will also address the two types of minds – the mind that realizes the suchness of things/ultimate reality and that which realizes the empirical reality. It introduces the divisions of uncontaminated exalted wisdom.

#### Objective

To introduce the student to the final three prayogas and the minds that cognise ultimate and empirical reality.

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The final three Prayoga	12
Unit 2	Minds realizing Ultimate and Empirical reality	14
Unit 3	Divisions of uncontaminated exalted wisdom	16
Unit 4	The five types of fruition awarenesses	18

#### Texts and References

1. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
2. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
3. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayalankara*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltzen: 'The Conclusive Examination of the *Abhisamayalamkara*- Chapters 5-8'
5. Jetsun Chokyi Gyaltzen: 'The General Essence of the *Abhisamayalamkara*' and 'Critical Examination of the Essential Points of the *Abhisamayalamkara* - Chapters 5-8''

## 6.4. Core Course – 4: The Subtle Mind-Body in Vajrayana

### Course Description:

This course explores the presentation of coarse and subtle minds according to the secret-mantra vehicle. It explores the relationship between the mind and the body and the nature the subtle-most mind at the time of death.

### Objective

To introduce the student mind-body relationship and coarse-subtle minds as presented in Vajrayana and acquaint the student with the sequence of dissolution of subtle energies at the time of death.

**Credits: 4**

**(Contact Hours: 60)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	General Presentation of Coarse and Subtle Minds	12
Unit 2	Appearance, amplification and attainment – the three subtle cognitions	16
Unit 3	Difference between subtle and extremely subtle minds	14
Unit 4	Sequence of dissolution of Pranas at the time of death	18

### Texts and References

1. HH the Dalai Lama: 'Science and Philosophy in the Indian Buddhist Classics'
2. A Compilation of the Grounds and Paths of the Secret-Mantra Vehicle
3. Lama Tsongkhapa: 'A Lamp to Illuminate the Five Stages (Root Text and Commentary)'
4. Lama Tsong Khapa: 'The Great Treatise on the Stages of Tantra'
5. HH the Dalai Lama: 'Kindness, Clarity and Insight'

## 6.5. DSE – 2: Exchanging Self and Others

### Course Description:

The course covers an important method to develop the mind of enlightenment. This method involves exchanging self for others. It discusses ways to cultivate an attitude of cherishing others' welfare over one's own welfare. The course also discusses methods to cultivate meditative stabilization.

### Objective

To introduce the student to different methods to cultivate Bodhicitta (Mind of Enlightenment) and the practices to cultivate Dhyana.

**Credits: 3**

**(Contact Hours: 45)**

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Cultivation of Meditative Stabilization & Cultivating Other-cherishing	12
Unit 2	The Seven-fold Cause and Effect Method to cultivate Bodhicitta	16
Unit 3	Cultivating Bodhicitta using the Exchanging Self and Others Method	17

### Texts and References

1. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
2. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
3. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
4. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
7. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalankara, Commentary on Maitreya's Abhisamayālaṅkāra'
8. Jetsun Chokyi Gyaltzen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'

## 6.6. Voc -2: Training in Mindfulness of Feelings

### Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena; in particular the fundamental nature of our feelings and transforms the mental perspective of the trainee.

**Credits: 3**

**(Contact Hours: 45)**

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	Pleasant and painful worldly feelings	15
Unit 2	Pleasant and painful spiritual feelings	15
Unit 3	Neither-pleasant-nor-painful worldly and spiritual feelings	15

### Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

## 6.7. SEC -10: Yoga and Meditation in Bhavanakrama (Intermediate)

### Objective

To help the student understand the sequence of meditations one has to practice to enter the path of Mahayana and to attain the state of 'Sarvajnata'.

**Credits: 2**

**(Contact Hours: 30)**

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	<ul style="list-style-type: none"><li>The three hetu-pratyayas for attaining the fruit of Sarvajnata</li><li>Compassion – the root of Sarvajnata</li></ul>	14
Unit 2	<ul style="list-style-type: none"><li>Bodhicitta – the hetu of Sarvajnata</li><li>Upaya – the practice for attaining Sarvajnata</li></ul>	16

### Texts and References

1. Acharya Kamalshila: Bhavanakrama – Stages of Meditation
2. Parmananda Sharma: Bhavanakrama of Kamalasila
3. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
6. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'