

**DEPARTMENT OF BUDDHIST STUDIES**  
**B.A. (Prog.) with Buddhist Studies as Non Major/Minor**

**Semester VI**

**DISCIPLINE SPECIFIC CORE COURSE- 6**  
**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE**

| Course Title & Code                     | Total Credits | Credit distribution of the course |          |           | Eligibility Criteria/ Prerequisite | Pre- requisite of the course, if any |
|-----------------------------------------|---------------|-----------------------------------|----------|-----------|------------------------------------|--------------------------------------|
|                                         |               | Lecture                           | Tutorial | Practical |                                    |                                      |
| <b>Buddhist Psychology<br/>DSC- 6 A</b> | 4             | 3                                 | 1        | 0         | 12th Pass                          | Nil                                  |

**Objectives:** The objectives of the paper are:

- (a) to introduce students to the Buddhist theory of psychology
- (b) to help students to apply these theories for self-analysis and personal development.
- (c) to compare the perspectives of Buddhism and Psychology on the concepts of mind and mental health
- (d) to enable students to undertake research in this field.

**Learning Outcome:** After the completion of this course should be able to recognize the causes of downfall for the betterment of their life, improve their way of living and use their potential not only for the welfare of oneself but also for society.

## SYLLABUS OF DSC- 6, SEMESTER VI

### BUDDHIST PSYCHOLOGY

45 HOUR

#### UNIT I.

13 Hour

- I. Definition, nature, and scope of Psychology
- II. Introduction to Buddhist Psychology: Nature and Development

#### UNIT II.

15 Hour

- I. Basic concepts in Buddhist Psychology I: Rūpa Viñāna (Body-consciousness), Mānas (Mind), Citta (Consciousness), Viñāna (Conscious Cognition), Cetasika (Mental Factors), Manasikāra (Attention)
- II. Basic concepts in Buddhist Psychology II: Ālayavijñāna (Store-house consciousness), Klišṭāmanas (defiled consciousness), Anātman

#### UNIT III.

17 Hour

- I. Mindfulness (Vipassanā) practices
- II. Mind Management according to Buddhist Psychology.
- III. Management of Life according to Buddhist Psychology.

#### Suggested Readings:

1. Anagarika Govinda. 1969. The Psychological Attitude of Early Buddhist Philosophy. Delhi: Motilal Banarasidass.
2. Analayo. 2003. Satipatṭhāna: The Direct Path to Realization. Kandy: Buddhist Publication Society.
3. Boisvert, Matheiu. 1997. Five Aggregates: Understanding Theravada Psychology and Soteriology. Delhi: Sri Satguru Publications.
4. Chaplin, J. P., and T. S. Krawiec. 1968. System and Theories of Psychology. New York: Holt Rinehart and Winston.
5. Dharmarakshita, Bhikkhu, trans. 2008. Visuddhimagga Bhaga – 1 & 2. New Delhi: Samyak Prakashan.
6. Dreher, H. 1995. Immune Power Personality: Seven Traits You Can Develop to Stay Healthy. Canada: Dutton.
7. Friedman, H. S., and Marium W. Schustack. 2003. Personality: Classic Theories and Modern Research. New Delhi: Pearson Education.
8. Gazzaniga, Michael, Todd Heatherton, and Diane Helpem. 2006. Psychological Science. New York and London: W. W. Norton.
9. Glassman, William E. 2000. Approaches to Psychology. Buckingham and Philadelphia: Open University Press.
10. Goleman, D. 2003. Destructive Emotions: How Can We Overcome Them? A Scientific Dialogue with the Dalai Lama. New York: Bantam books. Güenther, Herbert V., and L. S. Kawamura. 1975. Mind in Buddhist Psychology Berkeley: Dharma Publishing.
11. Govinda, A. B. 1936. The Psychological Attitude of Early Buddhist Philosophy and its Systematic Representation according to Abhidhamma Tradition. Patna University
12. Güenther, Herbert V. 1999. Philosophy and Psychology in the Abhidharama. Delhi,

Motilal Banarsidass Publishers Pvt. Ltd.

13. Johansson, R.E.A., Citta, Mano, Vinnana- A Psychosemantic investigation, University of Ceylon Review, 3(1/2), 165-215, 1965.
14. Karunadasa, Y. 2010. The Theravāda Abhidhamma: Its Inquiry into the Nature of Conditioned Reality. Hong Kong: Centre of Buddhist Studies.
15. Lama, Dalai. 2012. Beyond Religion. New Delhi: Harper Collins Publishers India.
16. Morgan, Clifford T., Richard A. King, John R. Weisz, and John Schopler. 2001. Introduction to Psychology. New Delhi: Tata McGraw Hills Publishing Company.
17. Paranjpe, A. C. 1984. Theoretical Psychology: Meeting of East and West. New York: A division of Plenum Publishing Corporation.
18. Pickering, John, ed. 2017(1997). The Authority of Experience: Essay on Buddhism and Psychology. London and New York: Routledge.
19. Rhys Davids, C. A. F. 2004. Buddhist Manual of Psychological Ethics. Oxford: The Pali Text Society.
20. Sangharakshita. 2012. Know Your Mind: The Psychological Dimension of Ethics in Buddhism. Cambridge: Windhorse Publications.
21. Scroggs, James R. 1985. Key Ideas in Personality Theory. Minnesota: West Publishing Co.
22. Sircar, Rina. 1999. The Psycho-ethical Aspects of the Abhidhamma. Lanham: University Press of America.
23. Spiegelman, J. Marvin, and Mokusen Miyuki. 2004. Buddhism and Jungian Psychology. Delhi: New Age Books.
24. Thera, Nyanaponika. 1998. Abhidhamma Studies: Buddhist Explorations of Consciousness and Time. Kandy: Wisdom Publication. Tripathi, Ramsankara, ed. 1991– 1992. Abhidhammatthasangaho (Pa.hamo- DutiyoBhago). Translated by Bhadanta Rewatadhamma and Ramsankara Tripathi. Varanasi Sampurnananda Sanskrit University.
25. Waldron, W. E. 2003. The Buddhist Unconscious: The Alayavijnana in the Context of Indian Buddhist Thought. London: Routledge Curzon
26. Zinn, Kabat Jon. 2013. Full Catastrophe Living. London: Piatkus.