

The Essence of Abhidharma

Vasubhandu's 108 Dharmas with Sthiramati's Yogacara Twist

An Advanced Buddhist Studies/Rime Shedra NYC Course

Eleven of the Tuesdays from January 10th to March 28th, 2017 from 7-9:15 pm
(Omitting February 14th)

Syllabus

Sources:

- ISBP: *The Inner Science of Buddhist Practice: Vasubandhu's Summary of the Five Heaps with Commentary by Sthiramati*, Translated and Introduced by Artemus B. Engle
- SB: Rime Shedra Sourcebook on Abhidharma

Readings:

1) Class One: The Context for the Study of the Abhidharma in the Four Foundations of Mindfulness

a) In Class Reading ISBP:

- i) The Four Closely Placed Recollections, pp. 138-147
- ii) Introduction 245
- iii) The Number and Order of the Heaps 246

2) Class Two: Abhidharma Issues

a) Reading - SB

- i) The Abhidharma Context, *The Buddhist Unconscious: The Alaya-vijnana in the context of Indian Buddhist Thought*, William S. Waldron, excerpt pp. 46-59, **SB pp. 11-18**
- ii) *The Theravāda Abhidhamma: It's Inquiry into the Nature of Conditioned Reality*, Y. Karunadasa:
 - (1) The Real Existents, pp. 16-22, **SB pp. 19-23**
 - (2) The Analysis of Mind, pp. 68-75, **SB pp. 28-31**

3) Class Three: Matter, Part One

a) Reading - SB

- i) *The Theravāda Abhidhamma: It's Inquiry into the Nature of Conditioned Reality*, Y. Karunadasa
 - (1) The Analysis of Matter, pp. 152-159, **SB pp. 39-42**
 - (2) The Material Clusters, pp. 205-216, **SB pp. 43-51**
- ii) Atoms and Structure, *Philosophy and Psychology in the Abhidharma*, Herbert Guenther, pp. 181-185, **SB pp. 55-57**

4) Class Four: Matter, Part Two

a) Reading - ISBP:

- i) The Form Heap 247
- ii) The Four Elements 248
- iii) Derivative Form 252
- iv) The Five Sense Faculties 253
- v) The Five Sense Objects 254
- vi) Non-informative Form 262-266

b) Reading - ISBP:

- i) *A Comprehensive Manual of Abhidhamma: The Abhidhammattha Sangaha of Acariya Anurudda*, Trs, Ed. and Commentary by Bhikkhu Bodhi:
 - (1) Compendium of Matter, excerpt pp. 199-206, **SB pp. 63-66**
 - (2) Comprehensive Chart on Matter, pp. 262-263, **SB pp. 67**

5) Class Five: Universal Mental Factors -Feeling, Perception, Cognitive Formations, etc.

a) Reading - ISBP:

- i) The Feeling Heap 267
- ii) The Conception Heap 271-272
- iii) The Formations Heap 273
- iv) The Three Remaining Universal Mental Factors 276
- v) The Five Mental Factors That Have Specific Objects 277-280

b) Reading - SB

- i) *The Patthana and the Development of the Theravadin Abhidhamma*, L.S. Cousins, Journal of the Pali Text Society (1981), pp. 52-69, **SB pp. 69-78**

Break Week Reading

1) Reading - SB

- a) *From Reductionism to Creativity: rDzogs-chen and the New Sciences of Mind*, Herbert V. Guenther, **SB pp. 79-95**
 - i) A Structural Model of "Mind", pp. 23-34
 - ii) The Contextualized System "Mind" Sociocultural Operators, pp. 41-51
 - iii) Pollutants and Quasi Pollutants, pp. 52-60

6) Class Six: The So Called Emotions

a) Reading - ISBP:

- i) The Eleven Virtues 281
- ii) The Six Root Mental Afflictions 291
- iii) The Twenty Secondary Mental Afflictions 303-309
- iv) The Four Variable Mental Factors 310-311

b) Reading – SB

- i) *A Comprehensive Manual of Abhidhamma: The Abhidhammattha Sangaha of Acariya Anurudda*, Ed. and Commentary by Bhikkhu Bodhi:
 - (1) The 52 Mental Factors at a Glance (chart), p. 79, **SB pp. 58**
 - (2) The 89 & 121 Cittas at a Glance (chart), p. 28, **SB pp. 59**

7) Class Seven: The Non Associated Formations

a) Reading - ISBP:

- i) The Formations That Do Not Accompany Consciousness 312-326

b) Reading - SB

- i) The Nominal and the Conceptual, *The Theravāda Abhidhamma: It's Inquiry into the Nature of Conditioned Reality*, Y. Karunadasa, excerpt pp.47 -55, **SB pp. 23-27**
- ii) Conditioned Forces Dissociated from Thought, *Disputed Dharmas: Early Buddhist Theories on Existence*, Collett Cox, pp. 67-74, **SB pp. 96-102**

8) Class Eight: The Eight Consciousnesses

a) Reading - ISBP:

- i) The Consciousness Heap 327
- ii) The Storehouse Consciousness 328
- iii) The Afflicted Mind 344-346

b) Reading - SB

- i) Chapter Two: The Structure of the Mind, *Living Yogacara: An Introduction to Consciousness-only Buddhism*, Tagawa Shun'ei, pp. 11-18, **SB pp. 103-107**

9) Class Nine: Consciousness (Cont'd) and The Twelve Ayatanas

a) Reading - ISBP:

- i) The Twelve Bases 347
- ii) The Five Inner Bases of the Eye and the Rest 347
- iii) The Four Outer Bases of Visible Form and the Rest 348
- iv) The Basis of Tangible Objects 348
- v) The Mind Basis 348
- vi) The Entity Basis 348-352

b) Reading - SB

- i) Chapter Four: Building Up Experience in the Latent Area of the Mind, *Living Yogacara: An Introduction to Consciousness-only Buddhism*, Tagawa Shun'ei, pp. 29-43, **SB pp. 107-114**
- ii) *A Comprehensive Manual of Abhidhamma: The Abhidhammattha Sangaha of Acariya Anurudda*, Trs, Ed. and Commentary by Bhikkhu Bodhi, **SB pp.**
 - (1) Analysis of Functions, pp. 106-108, **SB pp. 59-60**
 - (2) The Mind Door Process, pp. 141-143, **SB pp. 61-62**
 - (3) A Complete Eye Door Process, p. 155, **SB pp. 62**

c) Optional Reading:

- i) Chapter Five: The Production of Things, *Living Yogacara: An Introduction to Consciousness-only Buddhism*, Tagawa Shun'ei, pp. 45-60, **SB pp. 115-122**

10) Class Ten: Issues in Cognition

a) Reading - SB

- i) The Sautrantika Theory of Representational Perception, *Abhidharma Doctrines and Controversies on Perception*, pp. 152-167, **SB pp. 123-132**

- ii) The Cognitive Process, *The Theravāda Abhidhamma: It's Inquiry into the Nature of Conditioned Reality*, Y. Karunadasa: pp. 138-151, **SB pp. 32-38**

11) Class Eleven: The Eighteen Dhatus and Their Relations

a) Reading - ISBP:

- i) The Eighteen Constituents 353-357
- ii) Further Classifications of the Constituents 358-369

b) Reading - SB

- i) The Conditional Relations, *The Theravāda Abhidhamma: It's Inquiry into the Nature of Conditioned Reality*, Y. Karunadasa, pp. 262-265, **SB pp. 52-54**
- ii) The Twenty-Four Conditions and their Varieties (Chart), *A Comprehensive Manual of Abhidhamma: The Abhidhammattha Sangaha of Acariya Anurudda*, Ed. and Commentary by Bhikkhu Bodhi, pp. 304, **SB pp. 68**