

Osaka Gakuin University 2016-2017 Spring Semester

## Japanese Spirituality 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? By 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.

### Resources

Handouts will be provided for each class.

### Evaluation

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.

### Notes:

### Course Schedule:

Week 1: Introduction and discussion for the group and individual project and field work

Week 2: Shintoism (Japanese indigenous religion)– History and Rituals

Week 3: Shintoism and Literatures of Yakumo Koizumi

Week 4: Buddhism #1 – Sects, rituals and practices of Pure Land

Week 5: Buddhism #2.- Sects, rituals and practices of Tendai & Shingon

Week 6: Buddhism #3.- Sects, rituals and practices of Zen

Week 7: Zen and Bushido

Week 8: Japanese Therapies based on Buddhist teaching  
Naikan and Morita Psychotherapy

Week 9: Buddhist Meditation practices for being at peace

Week 10: New spiritual movement and healing in Japan

Week 11: Japanese Cult

Week 12: Global environment and peace

Week 13: Field Work

Week 14: Group project presentation, discussion and class evaluation.

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