



*Want to learn*  
**How to achieve peacefulness  
and happiness in life**



**Take A Hybrid Class**

# **INTRODUCTION to BUDDHISM, RELS-2360 (16500)**

**Fall 2024  
(08/19/2024-12/11/2024)**

**Tuesday, 1:00 -2:30PM, Room: TBD  
Instructor:: Dr. Thich Hang Dat**

You may have seen Dalai Lama's smiling face on internet, television, and newspapers. You may wonder why million Americans turn to Buddhist mindfulness practice to find solution for dealing with stress, anxiety, and depression. Discover how Dalai Lama and milion Buddhists and non-Buddhists around the world utilize the Buddhist distinctive philosophy and practice to achieve peacefulness and happiness in life.

This course will provide an overall comprehension of the Buddhist teachings and practices. It will deal with important issues situated within the broader Indian historical contexts. The course begins with the life of the Buddha, the Buddhist early teachings, and the establishment of the Buddhist monastic order. The course then progresses to the cosmological and philosophical developments of the Mahayana, following by the ritual and mythological innovations of the Buddhist Tantras. The final section takes a brief look at how Buddhism spreads from the East to the West.

***\*\*\*This is a hybrid class that will include some field trips, a few face-to-face meetings in classroom, and the rest of the time***



*If you have questions  
about this online course,  
please contact:  
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