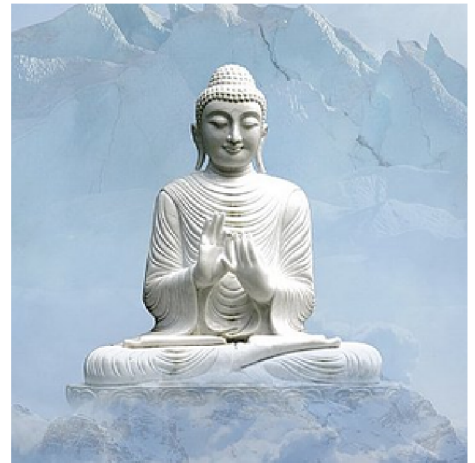


BUDDHIST PHILOSOPHY, MEDITATION, AND RITUAL: IN INDIA AND BEYOND

This course introduces the key philosophical concepts (meditation practices, and rituals) that have defined Buddhist traditions in India and beyond. We will analyze central Buddhist teachings and their relationship to these three important domains, which interweave theory and practice. First, we will explore the historical figure of the Buddha. We will then examine the three phases of Indian Buddhist traditions: (1) Theravāda, which emphasizes ascetic ideals and monasticism; (2) Mahāyāna, which prioritizes compassion, wisdom, and the ideal of the bodhisattva; and (3) Vajrayāna, the tantric tradition that claims the human body as central to enlightenment and explores the relationship between each living being and the cosmos. We will explore the contrasts among the meditative and ritual practices across these three traditions and analyze how these practices reflect varying philosophies. We will discuss Buddhist iconography, ritual objects, and art.



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Your Instructor: Eileen Goddard



Eileen Goddard is a lecturer and PhD student at the University of California Santa Barbara. Eileen's dissertation research focuses on the 16th century Gauḍīya Vaiṣṇava tradition and comparatively analyzes Indian religious constructions of "perfected" minds and bodies. Eileen's broader research interests include comparative Indian philosophy, Sanskrit literature and poetics, devotion (bhakti), perception, and gender and sexuality. Eileen completed her MA in Religion at Rutgers University and BA in Philosophy at The University of North Carolina at Chapel Hill.

TUESDAYS, JANUARY 21 THROUGH FEBRUARY 25

11am AK | Noon PT | 1pm MT | 2pm CT | 3pm ET

Each live session is 90 minutes

- Tuesday, January 21
- Tuesday, January 28
- Tuesday, February 4
- Tuesday, February 11
- Tuesday, February 18
- Tuesday, February 25

To register, please contact your local Osher Institute.