This course is an introductory study of some of the major systems of South and East Asian thought. After completing a background study of Hinduism, we will concentrate on Buddhism, Taoism, Zen, and Confucianism. Our chief concern will be with the metaphysical, ethical, psychological and theological doctrines of these important philosophy-religions, although we will also consider the interrelations between these doctrines and the societies out of which they emerged. Along the way, points of contrast and comparison will be made with Western ways of thought.

Topics to be discussed include:

- Mysticism
- Meditation
- Enlightenment
- Suffering and Transcendence
- The Nature of the Self
- Illusion and Perception
- God and Atheism
- Living Rightly

The student should understand that, although many of these topics bring to mind various practical programs of individual therapy or self-improvement, the present course is an intellectual inquiry with the aim not of achieving practical benefits but of understanding the central ideas of the great South and East Asian philosophical-religious systems.

Required work will include weekly short summary-query assignments and three take-home exams.

There are no prerequisites for this course. It satisfies the Discovery World Cultures (WC) Category.