

2016 Syllabus

Learning Objectives: After each lecture topic, students should be able to accomplish the specified learning objectives.

Progress: The lecture series are built up step-by-step. It is ill advised to progress to the next lecture topic without first accomplishing prior learning objectives.

Year-1 Qualitative Metaphysics

| Lecture Series | Topics | Learning Objectives |
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| 1. Holistic Health | 1.1 Three compartments of Holistic Health | <ul style="list-style-type: none">➤ Quote three independent lines of scientific or medical investigations that indicate rebirth or transmigration➤ Cite three empirical observations that argue for consciousness independent of normal brain function➤ Tell a story of how one Bodhisattva demonstrated the gift of dharma availability is rare and is the highest form of charity |
| | 1.2 Mental Health | <ul style="list-style-type: none">➤ Enunciate Life's big picture & priority➤ Cite the 3-4 professions that ranks tops in suicide statistics➤ Give 3-4 examples that distinguish purpose from meaning of life |
| 2. Holistic Education | 2.1 Which Religion is Best? Dalai Lama's premise | Explicate the necessity for wholesome mindsets and open mindedness; Think outside the box |
| | 2.2 Holistic Education versus Fragmentation of Higher Learning | Peruse the truth based on a combined platform of science, religion and philosophy |
| 3. Speed Learning | 3.1 How to Learn? 3.1.1 Definitions of Terms 3.1.2 Communication Skill Sets | <ul style="list-style-type: none">➤ Understand communication rules➤ Identify obstacles to communication |
| | 3.2 How to Open the Mind? | Use arithmetic to illustrate thinking boxes. Acquire the skills of how to open the mind, think outside the box & acquire a wholesome mindset that resolves opposites |

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| 4. Transcend Duality | 4.1 How to Transcend Duality? 4.1.1 The Childhood Development Module 4.1.2 The 10^{n+1} Module 4.1.3 The 10^2 Module 4.1.4 The Avatamsaka Sutra Module | <ul style="list-style-type: none"> ➤ Discover quantitative concept parallels intellectual maturation ➤ Use mathematical logic to prove the expanding thinking box theory ➤ Use this rapidly increasing number system to force open the mind and to confront its own thinking box quickly. Also use this example to connect the 10^{n+1} Module and the Avatamsaka Sutra Module ➤ Use finite and infinite to break through duality |
| 5. Dimension Continuum | 5.1 Macro and Micro view of increasing and decreasing dimensions | Explain the relevance of dimension continuum in the universe. Grasp the concepts of Reduction Analysis and Holistic Synthesis. |
| Mid-term Review & Examination | Avatamsaka Zen | Employ the continuum of dimensions to link metaphysical concepts to physical realities |
| 6. Egocentrism | 6.1 Definition of Self/I/Ego | Define Ego and its basic structure. Realize that Self, I and Ego are synonyms |
| | 6.2 Evolution of Self from Organisms up to Humans | Outline how Ego evolves and perseveres in organisms from microbes to humans. |
| | 6.3 Formation of Self in Individual | Describe how Human Ego forms and grows. |
| | 6.4 Characteristics of Ego | Delineate the characteristics and influence of Ego in humans |
| | 6.5 Inflation and Defence of Ego | Clarify the defence mechanism of Ego in its self-preservation. Introduce methods to diminish and to transform egocentrism to benevolent spiritual ideals/values |
| 7. Perception of Reality | 7.1 The Six Sensory Faculties | Describe how sensory faculties work at the anatomic, physiological and chemical levels. |
| | 7.2 Limitation of Sensory Faculties | Point out sensory faculties perceive only fragments of the entire electromagnetic spectrum |
| | 7.3 Generalization of the 5-step process that each faculty undergoes | Cite factors that influence perception Describe what is meant by “Inferno of the Five Aggregates” |
| | 7.4 Introduction to the 7 th and 8 th Senses | Recognize synonyms for the 7 th and 8 th Senses. Point out the direction of information flow in sentient versus enlightened being. |

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| | 7.5 Overture on Perception of Reality | Answer the question “What does reality really look like?” |
| Final Review & Examination | A paradigm shift towards enlightened thinking mode | Discuss wholesomeness; Identify fundamentals which affect wholesome mind sets |
| Graduation | Audit course or fail examination | Earn Certificate of Attendance |
| | Pass examination | Earn Certificate of Year-1 graduation |

Practical co-requisite: Transcribe a minimum of 3 lectures from audio file into WORD file.

Year-2 Quantitative Metaphysics

Pre-requisite: Year-1 graduation certificate

Co-requisite: Introduction to Critical Thinking

Practical co-requisite:

1. Teach Year-1 curriculum, minimum 3 lectures under any topic
2. Improve on the power point design and delivery of Year-1 curriculum, minimum 3 lectures under any topic
3. Transcribe a minimum of 3 lectures from audio file into WORD file.

| Lecture Series | Topics | Learning Objectives |
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| 1. God and Ghost | 1.1 Types of beliefs and viewpoints | Compare the belief systems and value systems among atheism, agnosticism, theism & pantheism |
| | 1.2 Questions on God and Ghost | Spell out the most critical and fundamental question preamble to spiritual pursuit. Define spirit, soul and consciousness |
| | 1.3 New Age Spirituality | Survey popular world religion, scientific relevance and future trends |
| 2. Awareness Levels | 2.1 Definition of terms | Define Epistemology, Knowledge, Wisdom, Prajna, & Awakening. Discuss “Awareness” in the context of these terms |
| | 2.2 Quantification of awareness levels | Cite the quantification method for awareness levels. Describe how the perspective on life and God depends on awareness level |
| 3. Gratefulness Index | Definitions and measurements | Cite some methods on practicing gratefulness |

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| 4. Global Warming | 4.1 Denial | Summarize the 3 types of denial excuses. Name some key concepts of the scientific method |
| | 4.2 Reality and impact | Cite scientific evidences & consequences |
| | 4.3 Root-cause analysis | Connect the dots between sociopolitical causes and environmental outcomes |
| 5. Happiness Index | Definitions and quantification of Happiness | List the various methods for measuring happiness. Elucidate the connection between global warming and the pursuit of happiness. |