

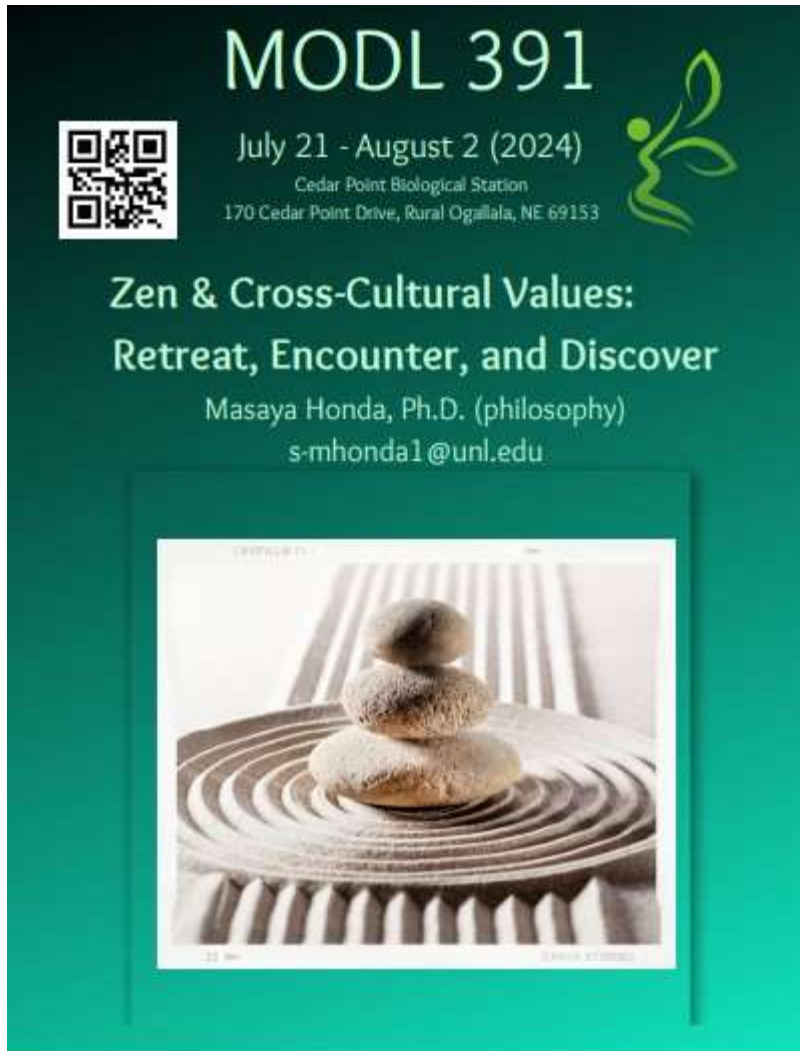
## MODL 391

**Title:** “Zen & Cross-Cultural Values: Retreat, Encounter, and Discover”

**Instructor:** Masaya Honda, Ph.D. (philosophy)

**Email:** [s-mhonda1@unl.edu](mailto:s-mhonda1@unl.edu)

**Flyer:**



### Requirement Fulfillment:

- This course will fulfill the cultural portion of any language majors (and the Japanese minor). For further fulfillment information, please consult with your advisor (the fulfillment will vary upon college requests).

## **MODL 391 ZEN AND CROSS-CULTURAL VALUES:**

### **Retreat, Encounter, and Discover**

#### **Course Description:**

This course offers you a retreat with Zen activities and philosophy at UNL Cedar Point Biological Station. In this course, with a simple Japanese language practice, you will practice meditation by sitting, walking, and exercising on the beach of Lake McConaughy as well as in the nature trails around the station. Then, you will bring the experience back to the station and, with a daily topic question, analyze and discuss the experience against the philosophy behind the practices. We will also have weekend Zen activities such as creating arts and dishes. Through these, you will learn how to properly approach foreign culture and how to project and to realize your own vision of happiness for the future.

#### **Benefits:**

- Fostering physical and mental health
- Increasing mind-body coordination
- Increasing focus
- Developing intercultural competence
- Developing the capacities of critical thinking & problem solving



#### **Goals:**

- Find ingredients of happiness,
- Design happiness of your own
- Through exploring Zen culture,
- Through developing intercultural Competence

#### **Objectives:**

- Learning how to speak in simple Zen language.
- Learning how to meditate while sitting, walking, and exercising.
- Learning thoughts behind Zen practices.
- Creating Zen arts and Zen dishes.
- Learning how to approach thoughts and habits of foreign culture.



#### **Activities:**

- Zen language practices: basic Japanese language; Zen terms; Zen dialogues (Koan)
- Zen meditation practices: sitting; walking; exercising (martial arts)
- Zen arts practices: poems; calligraphies; paintings

- Zen dish practices: vegetarian dish with Japanese ingredients and flavorings; desserts

**Assignments:** the final project

- Hand in daily notes about your thought experiments.
- Create a 15 min-long self-video about Zen & happiness.
- Include Zen activities that you performed in the video.
- Attach a 2,000 word-manuscript about what is your idea about happiness and how to achieve it. Critically and respectfully analyze Zen practices and thoughts in the video.

**Grading:**

- Daily attendance (60%)
- Daily notes (20% [13 daily notes])
- The final project (20%)



**CURRICULUM: 6 hours/day**

**Monda-Friday:**

<b>Time</b>	<b>Activities</b>
8:00 am	<u>Meditate</u> (sitting and walking) on the beach of Lake McConaughy
8:30 am	Practice <u>Japanese/Zen language</u> on the beach
9:00 am	Practice <u>Zen martial arts</u> on the beach
10:00 am	Return to the station and discuss the <u>daily topic</u> and have a lecture
12:00 pm	<u>Lunch break</u> in the cafeteria
1:00 pm	<u>Thought experiment</u> at the station on the <u>next daily topic</u>
2:00 pm	<u>Mediate</u> at the station and/or on the hill or a nature trail near the station
3:00 pm	Close the study

**Saturday-Sunday**

<b>Time</b>	<b>Activities</b>
6:00 am	<u>Meditate</u> (sitting and walking) at the station
6:30 am	Practice <u>Japanese/Zen language</u> at the station
7:00 am	Breakfast break in the cafeteria
8:30 am	Practice and discuss <u>Zen dialogues (Koan)</u> at the station
9:30 am	Create <u>Zen arts/dishes</u> at the station
11:00 am	<u>Thought experiment</u> at the station
12:00 pm	<u>Meditate</u> at the station
12:30 pm	Close the study



## Monday-Friday Activities:

Zen Language: 30 mins (morning)

Days	Topics
[TBD: from the end of July to the beginning of August]	
1 <sup>st</sup>	Greetings
2 <sup>nd</sup>	Numbers
3 <sup>rd</sup>	Basic sentence structures (XはYです)
4 <sup>th</sup>	Basic sentence structures (XはYます)
5 <sup>th</sup>	Basic sentence structures (か)
6 <sup>th</sup>	Basic sentence structures (を、で、に、へ)
7 <sup>th</sup>	Question words (なに、どれ、だれ、いつ、どこ、どうやって)
8 <sup>th</sup>	Body parts
9 <sup>th</sup>	Pressure points
10 <sup>th</sup>	Basic stances
11 <sup>th</sup>	Basic movements
12 <sup>th</sup>	Zen Dialogues (Koan)
13 <sup>th</sup>	Zen Dialogues (Koan)
14 <sup>th</sup>	Zen Dialogues (Koan)

Zen Philosophy: 2 hours (10 topics)

- Read quotes from related texts in English based on the answers that students made in their thought experiment in the following questions (= daily topic questions).
- Discuss the questions and the answers.

Days	Questions	Main Texts
[TBD]		
1 <sup>st</sup>	<u>Happiness in the Western and the Eastern Worlds</u>	Kitaro Nishida, <i>An Inquiry into the Good</i> , Darla K. Deardorff, "Process Model of Intercultural Competence," and Aleidine Krammer Moeller, Kristen Nugent, "Building intercultural competence in the language classroom."
2 <sup>nd</sup>	<u>What is happiness 1?</u>	<i>Sutta Nipāta, Treatise on the Two Entrances and Four Practices</i>
3 <sup>rd</sup>	<u>What is happiness 2?</u>	<i>Sutta Nipāta, Genjōkōan</i>
4 <sup>th</sup>	<u>How to become happy 1?</u>	<b><i>Dhammacakkappavattana Sutta</i></b>
5 <sup>th</sup>	<u>How to become happy 2?</u>	<i>Kozengokokuron, Genjōkōan, Shorinji Kempo Kyohan</i>
6 <sup>th</sup>	<u>Who are you 1?</u>	Yoel Hoffman, <i>The Sound of One Hand</i> , Kitaro Nishida, <i>An Inquiry into the Good</i>
7 <sup>th</sup>	<u>What is real 2?</u>	Yoel Hoffman, <i>The Sound of One Hand</i> , Kitaro Nishida, <i>An Inquiry into the Good</i>
8 <sup>th</sup>	<u>What is 'life suffering' 1?</u>	<b><i>Dhammacakkappavattana Sutta</i></b>
9 <sup>th</sup>	<u>What is 'life suffering' 2?</u>	(TBD)
10 <sup>th</sup>	<u>How to remove 'life suffering' 1?</u>	Peter S. Adler, "The Transitional Experience : An Alternative View of Culture Shock."
11 <sup>th</sup>	<u>How to remove 'life suffering' 2?</u>	Anderson, L.E. "A new look at an old construct: Cross-cultural adaptation," and Taylor, E.W. "A learning model for becoming intercultural Competent."
12 <sup>th</sup>	<u>How to remove 'life suffering' 3?</u>	Kitaro Nishida, <i>An Inquiry into the Good</i>
13 <sup>th</sup>	<u>Who are you 2?</u>	<i>The Sound of One Hand</i>
14 <sup>th</sup>	<u>What is real 2?</u>	<i>The Sound of One Hand</i>

Zen Practices: 2 hours

- Sitting & walking (30 mins x 2, morning + evening)
- Exercising (60 mins [with 10 mins cool down], morning)



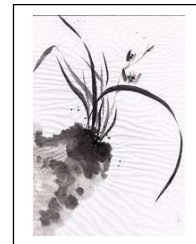
Thought experiments: 1 hour

- Qs & As about the topic of the day (see “Zen Thoughts” above) based on your value and experience.
- Prepare for the final project.

**Saturday-Sunday Activities:**

Zen Arts:

- Create *Haiku* poems.
- Write Japanese calligraphy.
- Create *Suiboku-ga* ink-paintings.



Zen Dishes:

- Cook *Shojin-ryori* dishes.
- Make *Shojin-ryori* desserts.



## Masaya Honda

### Teaching history:

- **Teaching the Japanese Language at UNL (2021-present)**
  - *Lecturer*, University of Nebraska-Lincoln
    - JAPN 101 & 102 (Beginning Japanese I & II)
    - JAPN 201& 203 (Second Year Japanese I & II)
    - JAPN 202 & 204 (Inter Mediate Grammar and Reading I & II)
    - JPAN 302 (Advanced & Conversation and Composition II)
- **Teaching Western & Eastern Philosophy Courses (2008-2019)**
  - *Instructor*, Doane University (2015-2019)
    - PRE 111 Ethics
    - PRE 110 Philosophy
  - *Instructor*, University of Nebraska-Omaha (2017 Fall)
    - Phil 1010 Introduction to Philosophy
    - Phil 2040 Introduction to East Asian Philosophy
  - *Instructor*, University of Nebraska-Lincoln (2008-2011)
    - Introduction to Philosophy (Full responsibility for the course)
    - Logic and Critical Thinking (Full responsibility for the course)
    - Introduction to Philosophy (Teaching assistant)
    - Philosophy and Current Issues (Teaching assistant)
    - History of Ancient Philosophy (Substitute)
- **Teaching Zen based Martial Arts (1994-1999 [hold 4<sup>th</sup> degree of blackbelt])**
  - *Jyokyo* (assistant teacher) (1994-1999)
- **Publications (selected):**
  - "Right Action: Development Based Virtue Ethical Account, *Tetsugaku*, 4(2020): 84-102.
  - "Mine Is Yours: Diotima's Theory of Survival," *Apeiron*, 49(2016): 281-308.
  - "Individualizing Virtues: Comparing Kitarō Nashida's Normative Naturalism with Neo-Aristotelian Naturalism," *International Philosophical Quarterly*, 56(2016): 57-76.
  - "Individualizing Virtues: A Possibility of Virtue Ethics in Kierkegaard's Thought," *Kierkegaard Studies*, 13(2015): 51-67.
  - "The Relation between *Eros* and *Agape* in Kierkegaardian Faith," *Kierkegaard Studies*, 3 (2003): 82-101.
  - "The Otherness of the Neighbor in Kierkegaardian Faith: Response to Levinas' Criticism of Kierkegaard's Religiousness," *Kierkegaard Studies*, 2 (2002): 37-58.
  - "Words to the Other," *Kansai Ethical Studies*, 30 (2000): 45-56.