

Workshop on Meditation and Ethics, July 7-9, 2022

at Hamburg University

The Hebrew University of Jerusalem and Hamburg University

A Project of the German-Israeli Foundation for Scientific Research and Development

With support by the Numata Center for Buddhist Studies at Hamburg University

Evaluating the Ethical Foundations of Buddhist Meditation

ZOOM-LINK: <https://uni-hamburg.zoom.us/j/67191283438>

All times below are given in German Local Time (UTC+2), 1 hour behind Israel Daylight Time

Venue: Universität Hamburg, Akademischer Senatssaal, Edmund-Siemers-Allee 1, Hauptgebäude

Thursday, July 7: Psychological Dimensions

Chair: Eviatar Shulman

15:00 Stefan Schmidt

Meditation as Research Method: A Neurophenomenological Approach with Experienced Meditators in the Study of Volitional Action

15.45 Ulrich Ott

Investigating Oneself with Buddhist Meditation: Possible Benefits and Risks

BREAK

17:00 Alexandra Anis Weil (zoom)

Literature Review: Towards the Integration of Ethics into the New Generation of Mindfulness-based Approaches

17:45 Statements and Final Discussion of the Psychological Dimension of the Project

Friday, July 8: Historical Dimensions

Chair: Michael Zimmermann

9:30 Roy Tzohar

How to Approach Emotions: Āśvaghoṣa's Works as a Case Study, II

10:30 Sun Hao

Clear Conscience and Buddhist Meditation

BREAK

A faint, artistic background image of a Buddha statue's head, rendered in a painterly style with soft, blended colors. The statue's face is the central focus, with a serene expression. The colors are muted, with a lot of yellow, white, and soft blue tones. The texture appears like a watercolor or a soft oil painting. The Buddha's head is slightly tilted, and the lighting is gentle, highlighting the contours of the face and the texture of the hair or robes.

12:00 Eviatar Shulman

An Ethical meditation? The Brahmavihāra States in the Early Maps of the Path and the Pali Commentaries

LUNCH

Chair: Jowita Kramer

15:00 Aviran Bendavid

Diversity and Integration in the Moral Practice: Searching for the Model of sīla in the Early Discourses and the Pali Commentaries

16:00 Michael Zimmermann

On the Relation between Ethical Conduct and Meditation in the Bodhisattvabhūmi

Saturday, July 9: Present Dimensions and Final Discussion

Chair: Jens-Uwe Hartmann

9:30 Oren Hanner

Mindfulness Meditation and the Meaning of Life

10:30 George Dreyfus (zoom)

Mindfulness and the Good Life

BREAK

12:00 David McMahan

Making, Unmaking, and Discovering Buddhahood: Three Paradigms of the Relationship between Meditation and Ethics

13:00 FINAL DISCUSSION