

Asian philosophy

Philosophy



**ASSIGN
BUSTER**

Reflections on the Material In North America, we seem to not fully understand or embrace the myriad of cultures in existence around the world. As I read through the course syllabus, I am excited to learn that we will be discussing some of the many Chinese and Indian traditions that have been around for generations, yet of which I have little background knowledge of. While I am certainly proud of my own traditions, I want to discover what others believe and how it impacts their way of life. I notice, for example, that we will be looking at Hindu philosophy, and in particular yoga. This is quite interesting as yoga is becoming more accepted globally, and it will be beneficial to know where the tradition comes from and how it has benefited individuals from a variety of backgrounds.

In addition, I am particularly interested in Buddhism as I understand it one of the five main religions of the world, and most predominant through much of Asia, yet little is known about it outside of the East. Buddhist philosophy contains many great principles and ideals for living. While it might be different than the beliefs I am used to, it is nonetheless important to understand where the philosophy comes from and why so many people in Asia have chosen to follow its teachings. In short, it appears that this course is going to teach me a great deal about how to respect other philosophies and cultures. By opening my eyes and truly deciding to grasp that which I am taught, I will hopefully be a much better person in the end for having taken this course.