



University of Arizona, Khyentse Foundation Buddhist Studies Lecture

**Wednesday,
April 12, 2017**

LOCATION:

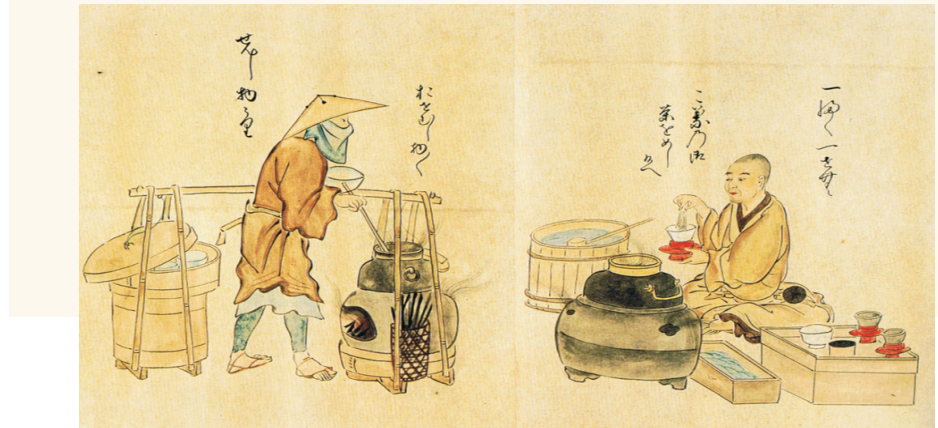
*UA Poetry Center Dorothy
Rubel Room Helen S. Schaefer
Building, 1508 E. Helen St.*

TIME:

3:00 pm

SUGGESTED PARKING:

Highland Garage



Buddhist Aspects of Health and Wellness in Premodern Chinese Tea Culture

Buddhist ideas, institutions and individuals were influential in the creation of Chinese tea culture from at least the eighth century onwards. Given that tea was often promoted by Buddhists as an alternative to alcohol, and that it was extolled for its abilities to support strenuous meditation practice, were there particular Buddhist discourses of health and wellness with regard to tea drinking? In this lecture, we will explore the surviving textual, artistic and material evidence in order to understand better some of the virtues of consumption from a Chinese Buddhist perspective.

Professor James Benn

Religious Studies, McMaster University

James Benn was trained primarily as a scholar of medieval Chinese religions (Buddhism and Taoism). His research is aimed at understanding the practices and world views of medieval men and women, both religious and lay, through the close reading of primary sources in literary Chinese—the lingua franca of East Asian religions. He has concentrated on three major areas of research: bodily practice in Chinese Religions; the ways in which people create and transmit new religious practices and doctrines; and the religious dimensions of commodity culture. In particular, he has worked on self-immolation, Chinese Buddhist apocrypha, and the religious and cultural history of tea.