

Noah

Psych East and West The Buddha and the Terrorist

1. Using vocabulary and theories of Psychology (Freud, Jung, Cognitive, Buddhist) you have already studied, why is Angulimalia the way he is?

by his lack of control and his reaction to the first part of being abandoned and causing more parts. Angulimalia displaces his feelings about the caste system on his father and his abandonment on the people he kills.

2. What psychological effects do Buddha's words and presence have on Angulimalia?

The Buddha makes him stop rationalizing why he is this way and see things more clearly, that the suffering is all caused by him.

3. What is the gist of the ideas on pg 40. Buddha describes? Think in psychological terms.

4. How do you think Angulimalia's story relate to modern day terrorists?



Noah

it el

Psych East West
The Buddha and the terrorist chapters 3-4

1

1. What does Buddha's advice to Angulimala on how he should be when confronted by the village represent in a Buddhist sense?

ihelt
You will suffer regardless of if you go or not
So if you come to peace with that you will be better off and that much closer to enlightenment

2. What are some central Buddhist ideas listed in the chapter?

~~The causes of suffering~~ • You must try something with an open mind to truly gain an understanding of it the idea of breaking the cycle of violence

3. What is "inner simplicity?"

peaceful to be
Inner simplicity means you can still have a simple, peaceful mind even when your life seems complicated

4. What is an individual in the Buddhist sense?

Somebody who does not rely on others to dictate who they are

Noah

**The Buddha and the Terrorist Chapter 5-8
Psychology East and West**

1. From the different perspectives we have studied, (Jung, Freud, Buddhist, Cognitive) how did Angulimala change from the beginning to the end of the story?
Angulimala goes through individuation by bringing his unconscious thoughts conscious for example he became conscious of why he was an outlaw and killed people. At the start of the book he is ignoring his super ego and only relying on his ego, throughout the book he learns to balance the two. He was thinking in black and white thinking that nobody would accept him because of his class. This amplifies when he kills people, later he realizes that it can go any number of ways.
2. Can you think of characters on history that had sordid pasts like Angulimala's? How would you counsel them from the perspectives of this book?
Hitler never really got why he killed so many people. Nobody ever found the real reason for him to. The way to show him compassion not as a follower but as a friend.
3. What is non-attachment to Angulimala? Look on pages 113-115 put this into your own words.
The pain of giving birth exists because you are human, suffering is natural for humans but realize when it is over.
4. How do you think the ideas in the book can be practiced in the modern world? What impediments do you see that would make these ideas impractical?
Essentially the idea is change you cannot have change without moving on and you cannot move on without letting go.