

Queensland Sangha Association Inc

BUDDHIST CHAPLAINCY-ASSIGNMENT (1) FOR UNITS 1A TO 2B

1 Locate a sub-section in the lesson number 1A covering these comments:

Constant change makes it hard to cope with the environment

Inadequacy of satisfaction can be difficult to bear

Clinging to the self idea too much may eventually lead to unpleasant experience

It is possible to make an island for oneself in the flood that carries everyone away

2 Read a short article on each of the topics (a) Impermanence (b) Lack of satisfaction (c) the no-self idea. Select your own sources from a library or the internet.

3 What are the three features of existence that need to be understood if are to increase our ability to cope with a changing environment>

4 Locate a sub-section in the lesson number 1B covering these comments:

There are many situations in which a Buddhist Chaplain can help a person in distress

Religious protection is not provided by doctors and other professionals

5 Setting expectations that are too high may end up in stress.

6 Locate a sub-section in the lesson number 2A covering these comments:

A Buddha aspirant guards his thoughts and actions

Wholesome mental states fill the mind of a Buddha aspirant

7 What are the main mental states of a Bodhisattva emphasised in Mahayana?

8 A bodhisattva is steadfast in hope. He can instill hope in others. Is that true?

9 The Buddha aspirant's constant endeavour is directed at loosening the bonds that tie one to Samsara. Locate a sub-section in the lesson number 1B covering these comments: Mention a few bonds.

10 Locate a sub-section in the lesson number 2B covering these comments:

Observation skills are paramount for a chaplain

Communication skills are the key to the success of a chaplain

The Buddhist Chaplain must avoid doing the duties expected of a professional such as a psychologist

11 What is the end result a victim of coping hardships expects from a Buddhist Chaplain?

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BUDDHIST CHAPLAINCY-ASSIGNMENT (2) FOR UNITS 3A TO 4B

3A Answer the following questions.

Did the Buddha ignore the laws, values and customs in a country and go about in an arbitrary manner with better ideas?

Being from the royal family the Buddha could have made legal promulgations as he thought fit. Did he do so? If not, why?

“A peaceful one abandons both victory and defeat”. In what context did the Buddha say this?

Did the Buddha dismiss the idea of worshipping the six directions as a foolish custom?

3B What are the main constraints affecting the services of a Buddhist Chaplain?

In a scene where the chaplain becomes relevant and active who else is likely to play similar or related roles?

When the person served is vulnerable, the chaplain owes a special duty of care. Is this correct?

Is the personality type of the person served relevant?

Is it alright to derive small advantages from the person served?

4A Before you try to advise another you need to know that person. Why?

The advice given by the Buddha addressed generalities as well as specifics applicable to individuals. Please give a couple of examples.

A person seeking advice is unlikely to have the same mental states (personalities) all the time. What is the application of this phenomenon to the teacher or adviser?

Can the chaplain's approach affect the mental states of the advisee?

4B Even in a major catastrophe the chaplain's attention cannot be directed to the whole group at the start. Is that right? If so, why?

When the Tsunami came in 2003, where do you think the chaplains started their services, and what type of activity would they have undertaken initially?

During the Tsunami a young boy who tried to save a girl raped her. If you were the chaplain would you meet them together? Discuss.

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BUDDHIST CHAPLAINCY-ASSIGNMENT (3) FOR UNITS 5A TO 6B

5A Give brief answers to the following questions. If you find the answer in the lesson itself, it is enough to quote the section number.

Does restraining the senses help as a measure to prevent running into trouble?

What other similar methods help in developing the virtues?

Did the Buddha actually help people in trauma? If so name two people who received such help.

What is the emphasis in Buddhism, prevention or cure?

5B Preventive and curative care are both important

Is it correct to say that preventive care is more advantageous?

When a person suffers from depression which type of care is more suitable?

In Buddhist Chaplaincy protective care is equally important. Why?

6A Give brief answers to the following questions

Having noble friends does help in our spiritual advancement. Is this correct? Briefly explain your answer.

If you understand the advisee, the teacher's work becomes more effective. Is this correct? Briefly explain your answer.

An advisee must not be over-loaded with teachings. Why?

Helping to get over difficulties is a good thing. Sowing the seeds for further development is even more valuable. Is this correct? Briefly explain your answer.

6B Defining the role of the Buddhist Chaplain

Briefly provide your assessment of the following statements:

1. Assessing the type and extent of care to be given is vital.
2. In major events the Buddhist chaplain must not go it alone.
3. Using other service providers is part of the role of the Buddhist chaplain. If so, why?

BUDDHIST CHAPLAINCY-ASSIGNMENT (4) FOR UNITS 7A TO 8B

(Keep your descriptive answers as brief as possible)

UNIT 7A

- 1 Mention one broad and elementary formula of practice as a Buddhist
- 2 We cannot advise every individual in exactly the same way. Comment briefly.
- 3 Advise should be measured, not too much, and not too little. Explain very briefly.
- 4 Is it important to sort out simple ways of practice from that are more advanced?

UNIT 7B

- 1 Mention two differences between Mahayana and Theravada a Buddhist chaplain should be aware of.
- 2 Does Karma imply fatalism?
- 3 Is the personality of the client relevant?
- 4 Can anxiety, fear, stress and restlessness be treated with one brush?
- 5 Mention one difference between dealing with a trauma case and a broken relationship

UNIT 8A

- 1 Should the truth be uttered in all circumstances?
- 2 A person becomes mentally stronger not only with Dhamma knowledge but even more so with Dhamma practice. Comment briefly.
- 3 Why does the practice of morality always precede meditation?
- 4 Some think that calming of the mind is the only aim of meditation. Is that correct?
- 5 Is insight meditation within the grasp of ordinary people? Illustrate with one example.
- 6 Though we might not understand NIBBANA (NIRVANA) we need to have an idea of enlightenment in our minds. Comment very briefly.

UNIT 8B

- 1 Mention four types of religious programs that might help a client for protection in the future
- 2 With whom would the chaplain have to network? Mention three possibilities.
- 3 If you have no exit strategy in the chaplaincy process what would happen?
- 4 Why is report writing technique important to a chaplain?

BUDDHIST CHAPLAINCY-ASSIGNMENT (5) FOR UNITS 9A TO 10B

[Giving reference to a paragraph in the lesson is a brief answer to some questions. In any event keep your descriptive answers as brief as possible]

UNIT 9A

- 1 Those who get carried away with the worldly current live in a fool's paradise. Reference?
- 2 'Make a secure island for your-self'. Give the stanza reference in the Dhammapada.
- 3 The Buddha is only a guide. We have to work for our salvation from suffering. Reference?
- 4 Aggression, deceit, affection and excessive zeal can defeat the aims of a teacher. References?

UNIT 9B

- 1 The Buddhist chaplain needs to be accessible to the client. Quote paragraph.
- 2 There is no need for a chaplain to show off spiritual attainments. Reference?
- 3 The chaplain needs to focus on the client and not on one-self. Reference?
- 4 Being in the present is all important. Quote paragraph.
- 5 An exit strategy for a chaplain is important. What will happen otherwise?

UNIT 10A

- 1 Listening is important to a teacher as much as talking. Quote paragraph.
- 2 It is the teacher's responsibility to get on with the conversation as some clients fail to talk. Quote paragraph.
- 3 The pupil's stories are important to get at the truth. Without challenging questions it can be just a story. Quote paragraph.
- 4 Where a teacher has the occasion to meet the pupil several times, the pupil benefits from having related assignments. Quote paragraph.

UNIT 10B

- 1 The venue for an interview is important. Mention in regard to what aspects? Quote paragraph.
- 2 Have you interviewed people before for anything? If yes, in what situations.
- 3 Have you observed chaplaincy interviews before? When and where were these?

BUDDHIST CHAPLAINCY-ASSIGNMENT (6) FOR UNITS 5A TO 6B)

[Giving reference to a paragraph in the lesson is a brief answer to some questions. In any event please keep your answers brief and to the point]

UNIT 11A

- 1 Does the feeling of insecurity affect an interview with a child? Reference?
- 2 Do children really expect respect from others?
- 3 Like adults children are different. The interviewer needs to keep this in mind. Comment
- 4 Parents would not like a child's weaknesses to be discussed in public. Is this relevant to the Teacher of Buddhism?

UNIT 11B

- 1 A six year old child related all kinds of adventures he was involved in. The interviewer thought that he could be a diabolical liar. Comment very briefly.
- 2 At an interview an eight year old girl was constantly looking outside and weeping. Can you think of a possible reason or a few reasons?

UNIT 12A

- 1 As a teacher of Dhamma am I always entitled to think that I am perfect?
- 2 Before any action we need to think of it in terms of the Dhamma. After an action we need to reflect on it to check its validity and propriety. In what discourse do you find the latter teaching emphasised?
- 3 If a mental state (e.g anger) lasts for a long time even mildly it is not a good thing. Comment..
- 4 If a mental state (e.g anger) is very intense it is not a good thing. Comment..
- 5 Interest in the opposite sex is never an obsession. But why does it suddenly come up?
- 6 Mindfulness is like a security guard. Thieves tend to run away as they sight the guard. Apply this to your mind.
- 7 If you put in intense effort to meditate it might not work out. Why? Can mindfulness help? How?

UNIT 12B

- 1 A Buddhist chaplain might need counselling sometimes. Why is that?
- 2 Regular mindfulness meditation can help a chaplain. Is it true?

3 Regularly reviewing one's own thoughts, words and actions help in self-care. True?

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BUDDHIST CHAPLAINCY-ASSIGNMENT (7) FOR UNITS 13A TO 14B

[Giving reference to a paragraph in the lesson is a brief answer to some questions]

UNIT 13A

- 1 How many mental states are there in a medium sized set (a) wholesome (b) Unwholesome?
- 2 Are there mental states generated by Kamma?
- 3 What are the two Unwholesome Mental States (UMS) that arise together?
- 4 What are the 4 elements of the quad of hatred?

UNIT 13B

- 1 Name two Wholesome Mental States (WMS) excluding roots.
- 2 In the set of 25 WMS how do 8 to 19 help a chaplain? Write one paragraph.
- 3 Is it possible to unwind negative MS? Quote paragraph.
- 4 Does restlessness deal primarily with the past or the future?

UNIT 14A

- 1 Write a short paragraph showing the difference between sensation and perception.
- 2 Is it correct to say that volition creates Kamma?
- 3 When you pay attention to an object which mental state is likely to arise immediately thereafter?
- 4 To tread the upward path, which mental state should couple with attention?

UNIT 14B

- 1 Mention 3 mental states that can be developed through meditation.
- 2 If a person keeps talking about the same things over and over again at a meeting, can you suggest a type of practice that would help the person to get over this weakness. Quote the paragraph.
- 3 Some leaders are good at making speeches but poor in making decisions. Is that true? To which set of Mental States does decision making belong?
- 4 Is joy useful to a spiritual practitioner? Why?

BUDDHIST CHAPLAINCY-ASSIGNMENT (8) FOR UNITS 15A TO 16B

[Giving reference to a paragraph in the lesson is a brief answer to some questions]

UNIT 15A

- 1 Why do perceptions differ from person to person? Quote the relevant paragraphs.
- 2 Can there be neutral perceptions?
- 3 What do you think causes deep rooted tendencies of the mind?
- 4 Tendencies blow up gradually unless one exercises mindfulness. Is this correct?

UNIT 15B

- 1 We create our perceptions of the world. Only we can clear these. Is that correct?
- 2 What mental state helps one to observe the rising energy level of a poor perception?
- 3 What is the ultimate technique for dissolving perceptions?
- 4 When we have trouble in our relations with others it is worth looking at the validity of our own perceptions. Is that right?

UNIT 16A

- 1 Of the 17 units of consciousness (Citta) which ones are capable of producing Kamma?
- 2 Only one Citta can exist at one time. Is that correct? How is that we see, hear etc all at once?
- 3 If we try to pay attention to too many objects at one time, thoughts inter-mingle and confusion or restlessness may occur. Is this correct?
- 4 Attention to one object continuously over a period of time can lead to calmness of mind, and later to one-pointedness. Can this lead to an absorption?

UNIT 16B

- 1 When a person is distressed due to remembering a bad experience, and being unable to forget it, can you suggest a technique to help the person to break away from the entanglement?
- 2 Can the appearance and activities of a temple help a client in distress? What features help?
- 3 Can chanting of scriptures bring solace to a distressed person? What really happens if the person does not understand the chanting?
- 4 What is the relevance of physical activities in helping a client constantly worrying about a bad experience in the recent past?

BUDDHIST CHAPLAINCY-ASSIGNMENT (9) FOR UNITS 17A TO 18 B

[Giving reference to a paragraph in the lesson is a brief answer to some questions]

UNIT 17A

- 1 Is kamma the sole determinant of all events? Quote reference
- 2 What is dependent origination? Quote reference
- 3 What does Kalama Sutta try to explain?
- 4 Which of the three signata seems fundamental in your view?
- 5 Can the five hindrances be suspended by a worldling? When?

UNIT 17B

- 1 Is it possible to teach a client to apply the principles behind the four noble truths to pull out of the current mess, he or she is experiencing?
- 2 Can Kamma theory help a client to alleviate his or her condition?
- 3 The chaplain needs to map out a path to recovery. Is that correct?
- 4 Should the chaplain explain the five hindrances to a client struggling to pull out of a bad situation?

UNIT 18A

- 1 Strong belief in an unchanging soul can be a hindrance to recovery of the client. Is that correct?
- 2 The idea of a self must not be mixed up with the idea of a soul. What is the difference anyway?
- 3 The tentative acceptance of the self idea can help develop morality. Is that you experience too?
- 4 Would you think that it is better to understand the self as a rolling process rather than as an entity?

UNIT 18B

- 1 The client who laments 'why me' is too attached to the self. Is that correct?
- 2 The self-idea can promote undue pride and conceit. This makes it harder to progress.
- 3 Many disputes at home and work are due to at least one party clinging on to a strong self-view. Is that true in you experience?

BUDDHIST CHAPLAINCY-ASSIGNMENT (10) FOR UNITS 19A TO 20 B

[Giving reference to a paragraph in the lesson is a brief answer to some questions]

UNIT 19A

- 1 What are the eight ups and downs of life?
- 2 When a global disaster happens does every individual get affected in the same way?
- 3 Is there a connection between the 'why me' lament and the self idea?
- 4 What universal laws other than Kamma should we accept?
- 5 Does acceptance cause depression or does it give solace? Discuss briefly.

UNIT 19B

- 1 Observing the experience of others helps in learning to accept. Is this correct?
- 2 Is acceptance an ultimate solution or is it a working platform?
- 3 Does it help to blame others for your experience?
- 4 Training and education can help a client to see the operation of universal laws. Do you agree?

UNIT 20A

- 1 Is it more sensible to look at elementary precepts as producing social harmony than internal development?
- 2 Mention one simple formula for day to day practice.
- 3 Even if a rule looks arbitrary it can still serve a purpose. What purpose?
- 4 Do you believe in having a set of rules to guide your own day to day conduct?

UNIT 20B

- 1 To introduce meditation would you rather select calming or insight?
- 2 Would it be possible to practise insight meditation while working?
- 3 Developing mindfulness and observing benefits is always useful. Would you agree?

BUDDHIST CHAPLAINCY-ASSIGNMENT 11) FOR UNITS 21 A TO 22 B

[Giving reference to a paragraph in the lesson is a brief answer to some questions]

UNIT 21A

- 1 What are the four divine abodes?
- 2 Name one benefit of practising Metta.
- 3 Spreading Metta in the 12 directions or to individuals? What is your choice if any?
- 4 Is compassion connected to Metta?
- 5 Total equanimity equates to Nibbana. Is that a fair statement?

UNIT 21B

- 1 Does the contemplation of death help alleviate feelings of hatred?
- 2 What is the meditation to reduce jealousy?
- 3 If one is defeated in a game, the resultant sadness or dissatisfaction can be overcome through the practise of?
- 4 Meditation on the four divine abodes must be preceded by learning the relevant Dhamma. Why is that?

UNIT 22A

- 1 Mental effort, concentration andmust occur one after the other repeatedly to get established in the noble eight-fold path. Is that correct? (Reference?)
- 2 The Great Discourse on Mindfulness is a summary of methods of
- 3 Wisdom dawns when these are fully understood: Feature of change, Feature of Suffering, and
- 4 Strong views are an impediment to achieving complete.....

UNIT 22B

- 1 What is the ultimate aim of practising the perfections?
- 2 Does intelligence imply wisdom?
- 3 Asking questions results in raising the level of one's
- 4 How does one try to achieve right views?

BUDDHIST CHAPLAINCY-ASSIGNMENT (12) FOR UNITS 23A TO 24B

[Giving reference to a paragraph in the lesson is a brief answer to some questions]

UNIT 23A

- 1 Does wholesome living contribute to social harmony?
- 2 How does generosity result in contentment for the giver?
- 3 Does it make sense to say that self realisation leads to community satisfaction?
- 4 Mention five factors that contribute to our worldly happiness.

UNIT 23B

- 1 Generosity does not necessarily mean parting with possessions. Please comment.
- 2 Mention two factors that promote social harmony.
- 3 Self-development cannot be separated from the idea of noble friends. Please comment.
- 4 Wealth in terms of money and property is not the only type of wealth worth acquiring. Please comment.

UNIT 24A

- 1 Is it correct to say that meditation aims at growing the mind?
- 2 Choice of type of meditation can mean everything to a student. Is that correct?
- 3 When is loving kindness meditation relevant?
- 4 Mention two results possible from breathing meditation.

UNIT 24B

- 1 For a person new to meditation what type of meditation would you first like to teach?
- 2 For a person full of hatred would you recommend loving kindness meditation to start with?
- 3 Meditation on the foulness of the body might not work for a person full of lust. Please comment.
- 4 The client's purpose in meditating needs to be assessed. Is that correct?