



EPISODE 6

LETTING GO WITH THE ACTOR-BUDDHIST

Arbetsblad

Words

determination - decisively - contribution - manifestation

Questions on the content of the episode

1. What's different with chanting compared to other religions' prayers?
2. What do the words in the chanting mean?
3. What does Will claim is the foundation of Buddhism?
4. What does he say about the past, the present and the future?
5. Why doesn't he call himself a Buddhist?
6. Where can you find all the answers about your life?

Discuss

- Compare the approach to life between different religions? Linda thinks that Buddhism stands out and differs from other religion that she has explored. Why do you think that is? What is the difference between being spiritual and being religious?
- Will tells Linda about the Buddhist idea that everything we ever have thought, said and done is leading up to **the now** we are experiencing in this very moment, and that this **now** also contains all of our future. How would that idea affect the way you lead your life?



Key

1. You're not asking for something, you're making a decision
2. You're absolutely awesome.
3. The laws of cause and effect
4. The past and the future exist in the present moment
5. Because of people's preconceptions about Buddhism
6. In yourself