



Buddhist Practice and Analytical Psychology

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The teaching unit Buddhist Practice and Analytical Psychology in the masters program in Analytical Psychology explores the relationship between Buddhism, an ancient religious practice and analytical psychology, a 20th century psychological theory.

Buddhism counsels us to realize that there is a means by which people can work with their suffering. But a fundamental complication in Buddhist philosophy, a complication especially confounding for many people who seek a personal salvation is that Dukkha, (suffering) rises endlessly. No sooner does one calm one's suffering Self than one enters into suffering once again. Paradoxical indeed! So the realization necessary in comprehending suffering is to note that it is endless. There is no permanent state of grace. This seems to demand an imaginative step into another way of understanding existence.