

### Instructions

The week you will be watching a film on the man who became known as the Buddha. After watching the film, address the following questions in your response which will be posted in the dropbox below.

1. What events led Siddhartha to leave the palace and seek answers to the "pain of existence"?
  - Initially, he fought to gain access to outside life; this led to Siddhartha, once outside for a festival wandering off and drawing his own conclusions about suffering. While amongst the celebrators', he sees a man toiling with a plow, so he goes to sit under a tree. While under this tree, he experiences a contemplative state that led to Jhana, the first of four consecutive Buddhism phases. This led to his understanding that "everything was connected and that all actions had consequences; this simple observation became one of the cornerstones of his teachings."
2. What challenges did he face in his quest to find enlightenment?
  - Some of the challenges consisted of his familial ties; his father wanted to keep him sheltered from the realities of life outside of palace life. At first, the lack of basic humanity that consists of old age, disease, and death kept him from enlightenment. Still, after coming to his own, leaving all that he knew to walk amongst the people, his physical body became his battle. Together, the conflict between the mind and desire ultimately culminated in his struggles on the journey to enlightenment.
3. Describe "the Middle Way" of peace and harmony he sought.

After Siddhartha put his body under significant suffering, he noticed a man was tuning an instrument. He noticed that if the strings of the instrument were too tight, the string would snap; he also noticed that if it were too loose, it would not play at all. So, Siddhartha concluded that he needed to be somewhere in the middle of the two states to obtain harmony and enlightenment that one called mindfulness or awareness of the body.
4. Why do you think this is a pathway to practice & mindfulness many follow in around the world today?
  - I think people follow the pathway of practice and mindfulness around the world for many reasons; those that stand out the most are meditation to deal with stress, self-awareness, and their effectiveness in the community.