

Bodo Nova

Professor O'Hara

World Civilization

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Buddha

1. What events led Siddhartha to leave the palace and seek answers to the "pain of existence"?

Siddhartha lived a very interesting life and went through many events which caused him to leave the palace. He was always curious about the ways of life, even as a young child and although he was wealthy and lived in a palace, these things were not enough for him. It is told as the account of four signs. He discovered that everyone had to endure suffering and that made him question a lot and he also discovered impermanence. After seeing a man on the ground begging for money, he got inspired and decided to leave the palace, trade his riches for rags and seek answers to the "pain of existence".

2. What challenges did he face in his quest to find enlightenment?

He faced many challenges in his quest to find enlightenment. His followers grew, then they left him astray after his failed attempts at enlightenment. The one challenge that stuck out to me was when he almost starved himself to death. He went to many extremes to find enlightenment and I applaud him on his determination. He miraculously gets saved by a young girl and after he eats and comes to his realization, he learns that he would have starved himself and died only to achieve nothing.

3. Describe "the Middle Way" of peace and harmony he sought.

“The Middle Way” of peace and harmony that he sought came right after he gained strength back from starving himself. He came across a man tuning his sitar and noticed that when the strings were too tight, it snapped and when they were too slack, it would not play. In the middle, is where the sitar found harmony. Likewise, the middle way of his mind and consciousness is what would lead him to enlightenment.

4. Why do you think this is a pathway to practice & mindfulness many follow in around the world today?

I believe that this is a pathway to practice and mindfulness followed by many in the world today because it helps people find the answers to life. It helps a lot of people to focus their mind, stop concentrating on themselves, and feel connected to something much bigger. Also, a lot of people don't want to include God in their spiritual practices, and Buddhism allows people to feel that they can solve all of their problems on their own and find peace.