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HIS 113 World Civilization 1

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Life Of Buddha

- 1) What events led Siddhartha to leave the palace and seek answers to the “ pain of existence”?

Leaving the palace for the first time when he was 16 he came to the realization that suffering was more than what he had anticipated. He was faced with numerous kinds suffering in which he has never seen or experienced. Old age, disease and death was a part of the every individuals life including his own. His reality of life inside of the palace had been crushed and he fled from home in pursuit of the answers to suffering.

- 2) What challenges did he face in quest to find enlightenment?

Siddhartha went on a long fast to attain a state of liberation and almost died from starvation. He believed that putting the body through pain may help him gain the liberation he sought but was unsuccessful.

- 3) Describe “the Middle Way” of peace and harmony he sought?

On noticing a man tuning his instrument. Siddhartha sought it to be a great symbol to achieve harmony and balance of life. It gave him the idea of not ignoring or

bringing force on matter of liberation. But simply finding that middle balance in between.

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

Traditionally for the sheer concentration of meditation. Some as a therapeutic remedy to help treat problems they are facing and others to attain the salvation the religion promises.