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HIS 113: World Civilization I (OA)

February 22, 2023.

### **“The Life of The Buddha”**

"The Life of the Buddha" is a documentary produced by the BBC that explores the life and teachings of Siddhartha Gautama, who would become known as the Buddha. The film draws on historical sources, archaeological evidence, and interviews with scholars and experts in Buddhist philosophy to paint a vivid portrait of the man who would go on to found one of the world's major religions.

The documentary begins by setting the historical context for the Buddha's life. Several events led Siddhartha to leave the palace and seek answers to the "pain of existence." Siddhartha was born into a privileged family and was sheltered from the outside world by his father, who kept him from the harsh realities of life. However, as Siddhartha grew older, he became increasingly aware of the suffering beyond the palace walls. At 29, he had several encounters with what is known as the "Four Sights." On separate occasions, he encountered an older man, a sick man, a corpse, and finally, a wandering ascetic. These encounters left a deep impression and made him realize that sickness, old age, and death were inevitable parts of human existence.

Siddhartha was deeply dissatisfied with his life despite all the luxuries and pleasures in the palace. He felt a sense of restlessness and a yearning for something more meaningful. He was determined to seek answers to the fundamental questions of life and find a way to alleviate the suffering he saw around him. As a result of these experiences, Siddhartha decided to leave the palace and embark on a spiritual quest in search of enlightenment and the end of suffering. This event, known as the Great Renunciation, marked the beginning of his journey toward becoming the Buddha.

Siddhartha Gautama faced numerous challenges during his quest to find enlightenment. Asceticism: Initially, Siddhartha believed that enlightenment lay in extreme asceticism and self-denial. He spent several years as a wandering ascetic, subjecting himself to severe physical and mental hardships, such as fasting and sleep deprivation. However, he eventually realized that this approach did not lead to enlightenment. Temptation: During his spiritual practice, Siddhartha faced temptations and distractions from Mara, the personification of temptation and evil. Mara tried to lure Siddhartha away from his path by using various tactics, such as sending his daughters to seduce him and creating visions of fear and doubt.

Doubt and Despair: Sometimes, Siddhartha became discouraged and doubted his ability to achieve enlightenment. He faced despair and hopelessness, especially when his ascetic practices failed to bring him closer to his goal. The Middle Way: Siddhartha eventually realized that the path to enlightenment lay in a middle way, avoiding both the extremes of self-indulgence and self-denial. This was a significant challenge, requiring him to break away from traditional spiritual practices and chart his path. Public Acceptance: Siddhartha faced difficulties convincing others of his teachings after achieving enlightenment. He had to overcome resistance from his former ascetic colleagues and win over skeptical audiences.

The Middle Way is a central concept in Buddhist philosophy that refers to a path of moderation and balance between self-indulgence and self-mortification. It is the path that the Buddha found after years of extreme ascetic practices, and it is one of the fundamental teachings of Buddhism. The Middle Way is about finding a balance between life's physical and spiritual aspects. It emphasizes avoiding extremes and finding a middle ground between opposing forces. This can be seen in how the Buddha taught his followers to balance sensual pleasure and self-denial, attachment and aversion, and ignorance and over-intellectualization. It is a path of peace and harmony that

emphasizes balance, moderation, and the avoidance of extremes. It is a crucial teaching of Buddhism and remains a relevant concept for individuals seeking a balanced and fulfilling life.