

**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"?**

According to Buddhist tradition, Siddhartha was born into a wealthy family and was raised in a palace, shielded from the harsh realities of life. However, one day, he ventured outside and encountered the four sights: an old man, a sick person, a corpse, and an ascetic. These experiences left a profound impression on him and made him realize the impermanence and suffering inherent in life. He felt compelled to seek answers to the "pain of existence" and decided to leave his palace and worldly life behind.

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

Siddhartha faced numerous challenges in his quest for enlightenment, including physical hardships such as hunger, exposure to extreme weather conditions, and the risk of being attacked by wild animals. Additionally, he struggled with doubts and temptations as he encountered various spiritual teachers and tried different practices to find the answers he sought. Despite these challenges, Sidd

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

The Middle Way refers to the balanced and moderate path that Siddhartha advocated as a means to end suffering and achieve enlightenment. He believed that both extreme asceticism and indulgence in worldly pleasures were obstacles to spiritual progress. Instead, he encouraged his followers to follow a path of moderation and mindfulness, avoiding both excessive self-denial and excessive indulgence. This middle path involves the cultivation of ethical behavior, meditation, and wisdom, which ultimately leads to the cessation of suffering and the attainment of enlightenment.