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The Buddha Film Questions

World Civilizations I

1. What events led Siddhartha to leave the palace and seek answers to the “pain of existence”? Siddhartha's journey outside the palace led him to leaving the palace to find the answers of the “pain of existence”. He made four journeys within the city he lived, and, on each journey, he saw something new that made him question life. On the first journey he saw an old man walking painfully which led him to the realization that everyone grows old. On the second journey he sees a man who is sick with diseases, and this makes him realize everyone can get sick. On the third journey he sees people carrying a dead body to the funeral site and this made him realize that everybody dies eventually. On the fourth and last journey he sees a man sitting on the ground with a beggar's bowl in front of him. This last sight weighed the most on him because he couldn't understand why someone would give up all they had to become a beggar. After those four sights, he decided he needed to go out and find answers to all the questions that were “tormenting” him.
2. What challenges did he face in his quest to find enlightenment? Some challenges he faced in his quest to find enlightenment were everything he saw not having the answers he needed. In the beginning of his journey, he found Brahmins but didn't agree with their beliefs or teachings that much. Siddhartha felt like anyone could be spiritual or religious and that you shouldn't have to be born into a Brahmin family to practice their rituals. Further into his journey, he was introduced to meditation and excelled at it. However, Siddhartha still felt like it wasn't enough and didn't answer the questions of suffering in life cyclically. After this he faced a near death experience due to him thinking that fasting would take him further. However, he realized that fasting and tormenting the physical body did not achieve anything and that he would die without fixing or learning anything.
3. Describe “the Middle Way” of peace and harmony he sought. “The Middle Way” of peace and harmony he sought after was the idea of mindfulness and body awareness in order to create harmony and peace. This came from his observation of a musician tuning his sitar. In his observation he realized that if the string is too tight it will snap and if it's too loose it wouldn't play. “The Middle Way” doesn't ignore the body or try to fully master it but tries to find a middle. Siddhartha believed that he would find peace and harmony in this conscious state of being in the middle.
4. Why do you think this is a pathway to practice & mindfulness many follow in around the world today? This is a pathway to practicing and mindfulness because in this state it calms the body down as well as the brain which allows for the mind to focus on one thing. Through this practice it allows for a time of peace and harmony to be had, even if

just for a few minutes. Since the steps to achieve it are somewhat simple and can be done by anyone, it allows for more people to use it worldwide which is why it is so popular outside of the religious aspect of it. This pathway is used in many types of therapy and counseling because it removes the worries and stress away and allows the mind to concentrate on something else for a period of time.