

## **Abide-Week 7: HIS 113**

### **Film & Response: The Buddha**

Siddhartha was born into a wealthy royal family with a life of luxury and privilege. However, he was deeply troubled by the suffering he saw around him and began questioning life's meaning. This led him to leave the palace and embark on a spiritual journey to seek answers to the "pain of existence." He encountered an old man, a sick male, a corpse, and an ascetic during his journey. These experiences made him realize the transitory nature of life and the importance of living a meaningful life. Siddhartha faced many challenges in his quest for enlightenment. He endured physical and mental hardships as he pushed himself to the brink of starvation and deprivation. He encountered doubt and skepticism from those around him who believed that his quest was impossible. He also struggled with inner demons and temptations and had to overcome his fear of failure to reach his ultimate goal. The Middle Way was the path of moderation and balance that Siddhartha sought. He rejected the two extremes of indulgence and asceticism and instead focused on living a life of harmony and tranquility. He believed that one could live in harmony with nature and the world by leading a balanced life. He practiced mindfulness and meditation as a way to attain peace and understanding. The Middle Way was a way to live a meaningful and purposeful life without being attached to the material world.