

Celine Grothe

Prof. O'Hara

World Civ 1

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Film Discussion 7

1. What events led Siddhartha to leave the palace and seek answers to the "pain of existence"?

Siddhartha was always a really thoughtful child. He was fascinated by the agricultural hinterland beyond the city walls. When he had trips outside the palace he noticed that sickness, aging, pain, suffering, and death were inevitable. No matter how rich someone is everyone will go through most of those. To find answers to the "pain of existence" he left everything behind.

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

Finding enlightenment wasn't easy at all. Siddhartha tried meditation but noticed fast that meditation itself isn't enough to get enlightenment and he also didn't find any answers. He then tried a different approach. He focused more on his body by fasting or even holding his breath. Unfortunately, the new approaches weren't successful at all because he barely ate which almost ended in his death and he also neglected his body care.

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

While Siddhartha tried to find answers he occasionally met a musician with his string instrument. The musician had to tune his instrument. Seeing that Siddhartha realized something. If the string is too loose the musician couldn't play on it but also when the string

was too tight the string would break and it would be possible to play on it either. The musician has to find a middle way. Siddhartha applied this to life. There must be a "middle way" in his mind so that he can achieve full harmony. This "middle way" is named mindfulness. Mindfulness that does not ignore the body and does not want to dominate it by force.

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

I think our world today is so stressful and so full of constant impressions from the news and from different social media platforms. It's hard to turn off the head of our society and rest. Through that, I feel like people crave more and more mindfulness and also a way to turn their heads off in their daily life. It helps people to for example meditate every morning before they start their stressful job.