

## **The Buddha**

Siddhartha Gautama, the founder of Buddhism, was born into a royal family in the 6th century BCE in what is now modern-day Nepal. According to Buddhist tradition, several significant events led him to leave the palace and seek answers to the "pain of existence," also known as the Four Noble Truths.

### **1- What events led Siddhartha to leave the palace and search for answers to the "pain of existence"?**

The events that led Siddhartha to abandon and search for answers to the pain of existence was that he felt that his life of luxury was empty and convinced his chauffeur Channa to take him out of the palace to the city. Siddhartha went through a kind of spiritual crisis. He wanted to know about diseases, death and other mysteries of life so he left his family and his palace and became a monk. Siddhartha also saw four visions: a man bent over with old age, a person afflicted with disease, a corpse, and a wandering ascetic. The fourth vision filled Siddhartha with a sense of urgency to discover what he was at the root of human suffering. Siddhartha's search is due to his vision of life as suffering and pain, whose fundamental cause is the thirst to exist. However, knowing that he would grow old, he would get sick and die. This awareness would also inspire his later teachings, such as on suffering and the Four Noble Truths. On the full moon in May, with the arrival of the morning star, Siddhartha finally got the answer to the problem of suffering and became the Buddha, which means "he who is awake." I agree with what Siddhartha says about him realizing that all people, regardless of their state, are subject to aging, disease and death. Likewise, it is what happens in real life, novels, movies and many other things, nobody is subject to anything in this life. So, he too had the motivation to give up palace life for his own existential self-examination.

### **2. What challenges did he face in his quest for enlightenment?**

The challenges he faced in his quest for enlightenment was that he searched the river for the same simple boatman who once helped him cross the river years before. Then the boatman who is introduced as Vasudeva has an inner peace that greatly astonishes Siddhartha and has the inner peace that he wishes to achieve. After leaving the palace, Siddhartha spent six years studying under various teachers and practicing extreme forms of self-denial. He practiced meditation, fasting, and other ascetic practices in an attempt to find the answers he was looking for. However, he discovered that these practices did not lead to true enlightenment. One day Siddhartha sat under a Bodhi tree and meditated

deeply. He swore not to get up until he found the answers he was looking for. After several days of intense meditation, he finally experienced enlightenment. He understood the Four Noble Truths and the Eightfold Path, which became the basis of his teachings. So these events led Siddhartha to become the Buddha, or the "awakened" one, and to spend the rest of his life teaching others on the path to enlightenment.

Siddhartha Gautama, the founder of Buddhism, faced several challenges in his quest for enlightenment. These are some of the challenges he faced: Abnegation, temptations, doubts and criticism.

**Self-Denial:** Siddhartha spent several years practicing extreme forms of self-denial, including fasting and subjecting his body to extreme physical hardship. However, he eventually realized that these practices were not conducive to true enlightenment, and he gave them up.

**Temptations:** While meditating under the Bodhi tree, Siddhartha was tempted by Mara, the Buddhist equivalent of Satan, who tried to distract him from his quest for enlightenment. Mara tempted Siddhartha with visions of beautiful women, power, and fame, but Siddhartha remained focused and eventually defeated Mara.

**Doubts:** Siddhartha had moments of doubt and uncertainty throughout his quest for enlightenment. He wondered if he would ever find the answers he was looking for and if his efforts were in vain. However, he persevered and continued to search for him.

**Criticism:** Siddhartha's decision to leave his privileged life as a prince and seek enlightenment was met with criticism and disapproval from his family and society. He faced ridicule and condemnation for his unconventional choices but remained committed to finding him.

Despite these challenges, Siddhartha persevered and eventually achieved enlightenment, becoming a Buddha and founding a new religion that has had a profound impact on millions of people around the world.

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

In my thinking about what I read and saw of the movie what I can describe regarding "The Middle Way" of peace and harmony as one of the key teachings of Buddhism and refers to the path of moderation that Siddhartha Gautama, the Buddha, advocated in his quest for enlightenment. The Middle Path is a path of peace and harmony that avoids the extremes of complacency and self-mortification. I can say that the Middle Way leads to the end of suffering and the achievement of Nirvana, a state of complete liberation from the cycle of birth, death and rebirth. The Middle Path is a path of balance and harmony that allows one to live a life of moral purity, wisdom, and compassion. It also encourages people to avoid the extremes of overindulgence in worldly pleasures and the extreme practices of self-denial and asceticism that Siddhartha had previously practiced. Instead,

the Buddha taught that one should live a balanced life, taking care of the physical, emotional, and spiritual aspects of life. He encourages us to live in harmony with others, treating everyone with kindness and compassion, and avoiding extremes of anger, hate, and violence. It also encourages people to cultivate mindfulness, wisdom, and a deep understanding of impermanence and the interconnectedness of all things. It is a path of moderation that encourages people to find a balance between enjoying life's pleasures and denying themselves those same pleasures. It is a path of peace and harmony that leads to a state of enlightenment and the end of suffering. It takes us to various places and to experience more and more new things no matter what and to see things in different ways.