

Fabian Overkamp

Lyndell O'Hara

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## Film & Response

### The Buddha Week 7

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

Siddhartha, who later became known as the Buddha, was born into a wealthy family and raised in luxury, shielded from the outside world by his father. However, when he was 29 years old, he left the palace and encountered the "four sights" ,an old man, a sick man, a corpse, and a wandering ascetic, which made him aware of the suffering that exists in the world. This prompted him to renounce his life of privilege and seek answers to the "pain of existence." .

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

Siddhartha faced numerous challenges in his quest for enlightenment. He first sought answers through ascetic practices, such as fasting and self-mortification, which he believed would help him transcend the physical world. However, he soon realized that such practices were not the path to enlightenment. He then spent six years meditating and studying with various teachers, but none of them could provide him with the answers he sought.

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

“The Middle Way” is a concept at the heart of Buddhism that emphasizes balance and moderation in all aspects of life. It is the path that the Buddha sought between the extremes of

self-indulgence and self-mortification. The Middle Way is not just a physical path, but also a mental and emotional one that involves cultivating mindfulness, compassion, and detachment. It teaches to live in the present moment, without being attached to our desires or aversions, and to find peace and happiness within ourselves.