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HIS113: World Civilization I

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

Answer:

Siddhartha knew he had to leave his family. Find answers to his questions that bothered him. Even if it makes sense. He leaves his wife and son against family traditions of brahminism.

Siddhartha left the house to search his own reactions to life's pains. I remember an incident how the hypnotic mist was controlled. The guard is sleeping that allowed him to escape with Chana, through the eastern gate of the palace near the Anoma River.

He took off his jewelry, changed cloak to cloth and cut his long hair. He asked Chana to carry it who return to the palace. Siddhartha was alone for the first time. He finally escaped the fake world of palace life where the pain was out of sight. Now he had to come to face the truth of finding a solution to the pain of existence.

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

Answer:

Aside from his journey leaving the palace, he sat under a tree and did not swear. Go until he reach enlightenment. "The flesh may rot, and the bones may break, but it will never leave this place until it finds a way to turn white.

He no longer makes himself difficult, he does not tolerate himself, he does not tolerate anything without pain, he considers life painful without him.

It bothers him to make things worse, but he's quietly brooding, thinking about what life could be like.

He begins to quiet the mind by focusing on the slow movement of the breath that comes and goes, the subtle sensations in the body around the nose. Siddhartha's mind was now focused and he was able to successfully penetrate the darkest recesses of the subconscious. Now he will experience the last and greatest pain.

The demon Mara, lord of ego and illusion, appeared before him. He could turn any nightmare in Siddhartha's mind into reality. Mara, it is important to remember that this demon king is not the same as the Christian Satan. For he is neither a tempter nor a partner with God. He is a purely psychological force that exists within us.

Mara unleashed an army of demons to attack Siddhartha. They shot flaming arrows at him. But in flight, Siddhartha transformed them into lotus flowers that fell harmlessly around him. Mara failed.

She then tried to seduce Siddhartha with her alluring daughters. He is attacked by a dead demon king and at the same time a very Freudian desire is death, death is desire, and in fact the demon king gives him three daughters whose lust or lust and aversion are equal. In fact, it can be said that the Buddha's awareness of Mara as an aspect of himself, complete awareness, was enlightenment.

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

Answer:

Siddhartha realized that this simple observation signified something of great importance. It was the middle way that would lead him to the state of mind he was looking for, to a state of tuneful harmony and enlightenment.

But how could he achieve it? And the way that Buddha eventually uses is what one could call mindfulness or awareness of the body, which neither ignores it nor tries to forcefully master it, but it's a kind of middle way.

The middle way led Siddhartha through the countryside. He had been traveling for six years. He had experienced pain and suffering and had stretched the boundaries of his mind. But he'd still not found the inner peace and harmony he was searching for. The state of absolute wisdom and everlasting bliss known as Enlightenment.

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

Answer:

The Buddha's teaching comes from the Buddha's own enlightenment. In his first sermon, the Buddha states that after attaining his enlightenment, he developed vision, knowledge, wisdom, and insight into things hitherto unknown. Thus, the Buddha is known as the supreme enlightened one who has no other master to match him. The Buddha was also a teacher of gods and humans, and as seen in some discourses, even some divine beings are said to have asked the Buddha questions and clarifications. Buddha does not require blind faith in his teachings. In fact, he gives us great freedom to think and analyze. The Buddha invites us to delve into the teachings that the Buddha has realized and proclaimed to the world as truth. The Buddha further declared that a disciple could reach the same state of enlightenment as a teacher and taught how to follow this path to have a lived experience of enlightenment.