

## Film Discussion

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

Of age of nine, his father allowed him out to celebrate the annual plowing festival. His first glimpse of reality beyond the palace walls would open a door for Siddhartha a new vision of the world and would become the turning point of his life. Seeing the farmers plowing, he saw the effort and struggle and repetition of this back-breaking work something he never saw in the palace. He managed to go away from the festivities and be alone because this first experience of real life had a profound effect upon him. He came face to face with reality.

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

In his quest for enlightenment, he was about to die of starvation by fasting extremely. A young girl saved his life with a bowl of rice and milk. At this moment he realized that if he starved himself again, he would simply die. He remembered meditation that he went into spontaneously in his teen because it's not taken up by the desire of the body, but it is very joyful and happy. He realized that he was looking for something in the middle ground in harmony. He understood that simple observation signified the great importance was the middle way that would lead him to the state of mind. He started to focus the mind by attention to the movement of the breath coming in and going out into a reformed sensation which exists in the body just around the nose in the way we start to lead to the mind quite purified.

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

The middle way led Siddhartha through the countryside he had been traveling for 6 years he had experienced pain and suffering and had stretched the boundaries of his mind but it's he still not found the inner peace or harmony he was searching for.

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

I think it's a pathway to practice of mindfulness that many follow in around the world because it has only positive effects. For example, it helps to move your body to connect to your soul, cultivate patience, finding inner peace which is the main form of mental training by meditation. Making connections and teaching about practicing kindness, managing humor and compassion towards other people.

Buddhism is steeped in the philosophy that change in life is inevitable. Our thoughts are constantly changing, as are things around us. Friends and even family can come and go,

so can our belongings . it teaches us that the more we try and hold on to things the more grief and suffering this will cause us.