Week 3: Seeking the Good Life

Key Phrases

Siddhartha, Hermann Hesse

1. Herman Hesse – European author
2. Siddhartha – young man who is dissatisfied with Brahmin life and searches for enlightenment that he eventually finds
3. Brahmin – respected class of wise men in ancient India
4. Govinda – Siddhartha’s best friend that embraces Buddhism
5. Samsara – idea that life is a cycle of happiness sorrow, life death, and everything is interconnected
6. Gautama – sage who founded Buddhism
7. The awakening – enlightenment in ones life

Letters to a young poet, Ranier Maria Rilke

1. Rilke- European poet
2. Live the questions now – Don’t be anxious to find answers but enjoy the process of answering the questions. Besides you may not be able to answer them so young.

Lecture

1. Mindfulness
2. Origin of suffering