

Paul English

HUMA 1100-012

Derek Bitter

January 31, 2013

## **Reflection Journal #2 - Buddhism**

### **1 What does the Buddha realize?**

The Buddha realized that by casting off attachment amongst multiple dimensions helped him to be more at peace with the world around him. He realized that he could become enlightened. By continually testing himself he learned more, and more about the world and the people around him, about himself.

He learned that the values surrounding him may not be the values that the others around him share. That he can avoid breathing, or avoid food, or test himself in many ways and still the feelings and experiences would not remain. He realizes that no matter what he does nothing will remain, that nothing he could attach himself too would help him in his struggles.

He learned to accept the world, and the path that goes along with it. He derived rules and a plan to follow that would allow him to be enlightened. He learned to share the thoughts that he had come to accept, and to teach others that sought the same path.