

# Welcome Philia!

**Post by "Cassius" of August 6, 2021 at 6:08 PM**

Thank you for your post Philia! I know that there are many here who have followed a similar route through aspects of Buddhism. Buddhism is not something I know much about myself, so it is valuable for you and others here to have that knowledge so that we have resources with which to answer questions and comparisons that people often make.

To the extent that my superficial understanding is correct, it is my impression that Buddhism can indeed lead to a sort of nihilism, and although that kind of term was not current in Epicurus' day I do believe that a lot of what he directed his attention to combating was just such a feeling of despair and hopelessness that often strikes many people.

One of the most valuable things you can do for the forum (and for yourself) will be to post questions and comments and suggestions as you read into Epicurus. Don't wait til the end of your reading - there are no stupid questions and it helps everyone if you ask questions while reading, even if you think that just reading further will probably answer the question. It helps all of us to keep current in talking about the basics so that we don't get too far down into any rabbit holes.

Thanks again for posting and we look forward to hearing more from you.,