

# Good General Reference Post Contrasting Buddhism with Epicurus

**Post by “smoothiekiwi” of January 29, 2022 at 6:07 PM**

(This is a cross-post (?) from my timeline- I havent had the time to read through all the comments, but there was a thought I had to get out. So I'm sorry if this post doesn't connect to the previous discussion 😊 )

A few days ago, I went out with my friend. It was cold and generally physically unpleasant, but our talk was far more pleasurable. Buddhism would say that coldness is pain, and we should thus try and avoid it. But then I would miss out on a great talk! So, taking only pain into consideration is far too easy.

And probably thats an issue I've with all philosophies. They all view the world through a specific lens, which doesn't connect with scientific discoveries. Epicureanism is the only example where I can't find it. And I'm the first one to admit that I'm uncomfortable with the thought that pleasure is the only good, and I actively try to escape it... but again and again, I've to admit that there isn't a single religion or philosophy which has a scientifically and empirically correct worldview. Except Epicureanism 😊