

# 2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Kalosyni” of January 31, 2022 at 7:25 PM

[Quote from Cassius](#)

does life have a goal or highest good in Buddhism, and if so what is it ?

There could be several goals:

- 1) the goal is Buddhist practice/meditation of "letting go" and realizing "aimlessness, signlessness, and emptiness" as the path to "nirvana"
- 2) to become a "bodhisattva of compassion" to help others (a Buddhist teacher)