

Welcome Philia!

Post by “Don” of August 6, 2021 at 6:36 PM

[Quote from Philia](#)

I studied Buddhist philosophy (many schools of Buddhism and different teachers) and also attended a Zen Buddhist group for a number of years.

Welcome, [Kalosyni](#)!

As [Cassius](#) mentioned, you'll find a number of us who came at Epicurus through study of Buddhism first. Mine also took a *brief* detour down the Stoic path before finally stopping by Epicurus's Garden for a look inside. 😊

[Quote from Cassius](#)

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

I want to also echo [Cassius](#) 's sentiment here. It's valuable for everyone to work through answers, and something you thought "everyone knows" may very well spark a conversation about a topic more complex than you realized when you asked your question. That's happened to me here with pleasing, thought-provoking results 😊