

Welcome Philia!

Post by “Godfrey” of August 6, 2021 at 9:57 PM

Welcome [Kalosyni](#) !

I'm yet another one who spent a few years dabbling in Zen, before discovering the Hellenistic philosophers and ultimately Epicurus. Just recently I've been reviewing the 4 Noble Truths (suffering, the cause of suffering, the end of suffering and the path to the end of suffering): the Buddha and Epicurus seem to have had similar concerns in some ways (without getting into the "absence of pain" discussion). Epicurus was attempting to remove irrational fears, which are one form of suffering. His treatment of desire, to me, is more nuanced and useful than the Buddhist desire to get rid of desires. His grounding in the Canon and observable reality is also both comforting and inspiring.

As to [Joshua](#) 's mention of rebirth, I can't quite figure out how rebirth squares with the Buddhist doctrine of "no self." Epicurus describes an impermanent, material consciousness that ends with the death of the body and precludes an afterlife as well as rebirth; this seems more consistent, believable and correct.

There's *absolutely* no evidence of Epicurus doing so, but as I reread books by today's Buddhist authors I almost get the sense that much of what Epicurus did was to correct the errors of Buddhist philosophy, just as he did with Plato. 🤔