

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by "Cassius" of January 28, 2022 at 9:26 AM

Thank you too for the excellent post Kalosyni! There is a lot of information there, which from my perspective speaks for itself. To read about Buddhism is in my mind to recoil at its opposition to everything I see in Epicurus. When I read about Buddhism I "sense" pain itself; when I read about Epicurus' views I see a path that is the opposite of pain and to which I am naturally drawn.

Here's the one part I would comment on now:

[Quote from Kalosyni](#)

The antidote to all the unhealthy passivity of Buddhism....is Epicureanism!

For me....first it is important to understand what the natural and necessary pleasures of life are...and getting clear on what those are...then diligently (and patiently) working toward getting those pleasures. This is my list:

- 1) eating healthy food
- 2) an adequate place to live
- 3) good sleep
- 4) some form of regular exercise
- 5) making and maintaining good friendships (could include a life partner)
- 6) study of Epicurean wisdom philosophy
- 7) right type of career/job/craft

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Yes, I think that is all correct, especially when you say "For me..." but if someone were to tell me this I would want to ask them immediately: Yes, what you are describing is a good course toward pleasure and the Epicurean life.

But do you FIRST understand WHY this path makes sense?

Someone who skips right to the "application" without understanding may be apt to give up when the going gets tough, or when, as Lucretius says, that person is confronted by the scary or intimidating tales of the religionists or idealists, who suggest that you are following the path of evil by not heeding their definition of "the good."

In short it's important to understand why and how Epicurus embraced pleasure as the good so that you won't be shaken from the course in the inevitable storms of life.