

# 2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Don” of January 28, 2022 at 12:50 PM

## [Quote from Matt](#)

I think many western people see that the Buddha is a non-theistic path and especially if they are running from western Judeo-Christian traditions, they see the Buddha as an eastern sage offering an alternative path. But the reality is though that a monotheistic “God” is not material to Buddhism, there are plenty of unsubstantiated metaphysical premises that the philosophy is built upon

Yes! Looking back, I believe that was my mindset when I discovered Buddhism. I also found the concept of "rebirth" more palatable than the Christian "you're being tested in this life for the real prize in the afterlife." My go-to thought was "Rebirth just makes more sense" with the seasonal cycles of nature, for example. When compared to the Christian "One strike and you're out", the idea of rebirth was an intriguing alternative. But then I tried to wrap my brain around the convoluted explanations of: there is no atman/soul in Buddhism so nothing "transmigrates" from one life to the next; it's like stamping a ring in clay with the ring being one life and the clay being next and the stamp being the karmic imprints from one to the next and.... etc. Humans are clever little primates and can really come up with some wild ideas!