

# 2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Kalosyni” of January 28, 2022 at 9:31 PM

## [Quote from Cassius](#)

It is a certainty that Nature gives us nothing other than pleasure and pain as the ultimate foundation of all choice and decision making.

Since I am going to be here for only a short time, I want to experience as much pleasure, and as little pain, as possible.

I consider it to be a certainty that it takes effort to remain alive, and effort means pain, and so I am ready and willing to accept some amount of pain as the price for achieving pleasure.

I think this generally makes sense for me, but yet there are times where I feel physical discomforts and then it becomes a matter of surviving the pain/discomfort. Which brings up the idea that Epicureanism may work best for people with a strong and healthy physical constitution. Unless there is some allowance for the pleasure of release from pain, some people will be left out. Also, sometimes pain or the fear of pain is a greater motivator, and if we can endure a little bit of pain now, to make sure that we don't have greater pain in the future, then that makes sense.