

Good General Reference Post Contrasting Buddhism with Epicurus

Post by “Godfrey” of January 29, 2022 at 1:20 PM

Quote from Scott

discussion in the EF is how to IMPLEMENT Epicurean philosophy. EP per se doesn't offer much specifics on how to do this. I have found great nuggets from Stoicism and Buddhism and many other perspectives that do.

My perspective on this has changed over time and may not be the same as other people's. I've explored adapting techniques from various other traditions and found it ultimately unsatisfying. For me, EP needs to be understood and practiced on its own terms and in some ways it is more "freewheeling" than some other traditions. The best way that I've found to do this is by studying and by applying the insights to daily living.

"Studying" can be pretty wide ranging, as suggested by this thread. I read up on the history of physics and cosmology and on modern neuroscience as well, all in books intended for lay people. One of the joys of this philosophy is that, for me, it's a gateway to so many other subjects.

As to applying to daily living... Sometimes I find pleasure by thinking about the infinite universe or by how I got here. Yesterday I was in physical pain and thought about [PD04](#). These are methods of implementation, but for me they arise from my studies. My perspective is EP: I find that many of the things that used to perplex me no longer do. For me, this is more useful than spiritual exercises or a daily practice. But for others these things may bring great pleasure and understanding. The Feelings are our guides.