

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Kalosyni” of January 31, 2022 at 11:23 AM

[Quote from Matt](#)

There is nothing “special” about Buddhist doctrine, Its “various” doctrines can 100% be understood by non-Buddhists who can easily analyze it...if a person believes this isn't the case then most likely they are far more Buddhist than Epicurean.

I don't agree...Buddhism isn't just "doctrine" because it is also a daily practice and how you live your life..You can't just "think" your way to "enlightenment". Enlightenment is for this present life. What all Buddhist schools have in common is dealing with the problem of suffering and dissatisfaction that seem to be part of the human inner experience.

A friend texted these words to me recently:

"I think it's safe to assume that most of us (meaning all humans) are not overly happy people in general. Life allows for some pleasures here and there...the basics, but real joys are sometimes few and far between. I personally often feel a level of somberness that comes with a litany of experiences."

For myself I at times feel not only somber, but mildly depressed at times. So then Buddhism seeks to deal with this problem. It is a combination of doctrine and practice.

I would really like to see a side-by-side comparison of Buddhism and Epicureanism which shows the differences of how each one deals with feelings of "somberness" and "mild depression" (the kind of sadness which arises due to loss, grief, disappointment, loneliness, lack of freedom, lack of control)...as well as stressful feelings of anxiety, agitation, fear, and anger.

Buddhist meditation helped me with anxiety...but I left Buddhism because it wasn't helping me deal with my feelings of sadness. In fact I think that it made my feelings of sadness worse.

Anybody who had done Buddhist meditation at an organized Buddhist group...I would ask for help on creating this comparison.

And anyone who feels they have good Epicurean practices for dealing with sadness...please help, thank you 😊