

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Matt” of January 31, 2022 at 12:12 PM

As far as the somberness comment goes it's important to place it context.

Happiness and pleasure are not the same thing. And frankly this is a huge topic for another thread. Happiness is a very nebulous word that can mean many things for many different situations. The “happy” person who claims to be happy 100% of the time is either heavily medicated or is not being truthful about their experiences.

The reason why people seek out philosophy and religion is that they are seeking a pathway to “happiness”...but the reality is they go after an idealistic philosophy like Buddhism and they don't find “pleasure” in it, only more unanswerable questions and dissatisfaction with its metaphysical claims.

Life is full of dissatisfaction and miserable circumstances. Life is NOT easy. Unhappiness is certainly rampant among many people who experience the sorrows and hardness of life. This is why many people adopt Stoicism as their main philosophy because they seek detachment. But in truth happiness is NOT the goal, the seeking of a pleasurable life is. Net positive pleasure, not painlessness. The person living in a country engulfed in civil war is probably pretty “unhappy” in general but can still find pleasure in basic things such as food and friends. That's a pleasurable thing.

So we certainly may have droves of unhappy, dissatisfied, melancholy people walking around, which has more to do with nature, brain chemistry and biology than anything else.

Which again, as I mentioned in the depression thread is a clinical thing. True clinical depression is something that is in brain chemistry and is something that only a medical professional can diagnose or treat.

If anyone believes they are depressed or experiencing some mental issues, detach from the internet and immediately consult a medical professional.