

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by "Kalosyni" of January 31, 2022 at 1:12 PM

Buddhism

practicing meditation as a way to "deal" with negative emotions

impartiality to all experiences

nothing is inherently good or bad

solitude and quietude is a good way to live, and not seeking to add anything to a simple life

continued "rebirth" until you become enlightened

life is by nature difficult and filled with suffering

a happy life is not the goal because pleasure is short-lived and only temporary - the best that can be hoped for is a state of calm tranquility which is neither happy nor sad - which can be achieved by meditation, religious study, and "taking refuge" in the religious community

Epicureanism

focusing on what is pleasureable and enjoyable in friendship as a way to "deal" with negative emotions

gratitude and savoring of all pleasant and pleasureable experiences

pleasure is inherently good and pain is inherently bad

pleasure in all forms is to be sought (as long as pains are not greater) and actively seeking out pleasure

there is only this one life and no experience will occur after death

life has basic necessities and once fulfilled then pleasure is easy

a happy life comes from a life filled with enjoyment and pleasure, and can be achieved by pursuing that which is necessary for happiness - friendship, wisdom, personal freedom, and enjoyment of the pleasing things in life, as well as active engagement with the Epicurean community

This is just off the top of my head...Is anything incorrect, or is anything missing?