

# Opening Post On Distinguishing Epicurean Philosophy from Buddhism

Post by “Godfrey” of December 18, 2018 at 2:02 PM

The best place to start this discussion objectively is with the Four Noble Truths and the Noble Eightfold Path of Buddhism. These are among the most fundamental doctrines of Buddhism.

## THE FOUR NOBLE TRUTHS

The truth of suffering

The truth of the cause of suffering

The truth of the end of suffering

The truth of the path to the end of suffering (the eightfold path)

## THE NOBLE EIGHTFOLD PATH

Right understanding (of the four noble truths, for one)

Right intention

Right speech

Right action

Right livelihood

Right effort

Right mindfulness

Right concentration

My understanding is that desire/clinging/attachment is one of the causes of suffering in Buddhism. Possibly you could compare this to unnatural and unnecessary desires, but I don't think that would be completely accurate. Desire/clinging/attachment is more about clinging to things which are impermanent. It is also about clinging to the self, which is considered an illusion. This aligns to some degree with “don't fear death” in EP. So there are overlapping or related concepts common to both philosophies, but how the concepts fit into the big pictures seems to be quite different.