

# Opening Post On Distinguishing Epicurean Philosophy from Buddhism

**Post by “Hiram” of December 19, 2018 at 9:45 AM**

Yes, after Siddhartha Buddha attained nirvana under the Bodhi tree, he touched the ground (a symbol of his vow to benefit innumerable sentient beings on Earth, rather than keep his insights to himself).

He then went to the Benares deer park, and there he started preaching his first enlightened sermon, which was on the four noble truths to his first disciples.

As for feeling / desires, yes the doctrine is more ascetic than EP and there's no hierarchy of desires (natural and necessary), instead it seems that all desire is dissatisfaction / dukkha.