

# Opening Post On Distinguishing Epicurean Philosophy from Buddhism

**Post by “Godfrey” of December 19, 2018 at 3:56 PM**

Buddhism isn't against feeling by any means and the goal isn't to suppress or terminate feeling. The goal is enlightenment/nirvana, which involves a sense of connectedness/oneness with all beings and a sense of joy.

Desire, however, is to be understood and ended. A nuance of eliminating desire is that if you understand yourself as being one with all things, then there is nothing to desire. So the Buddhist approach to desire is quite different from that of EP, where it is (to my current understanding) worked with as a means to focus the pursuit of pleasure on the life-enhancing varieties.