

# Compassion in Epicurean Philosophy

Post by "Godfrey" of February 8, 2022 at 3:24 AM

Quote from Scott

Buddhism, which has been a long time influence in my life, has "suffering" as a seminal concept, as we all know. And would it be any surprise then that compassion is likewise a Buddhist primary motif, which it is, especially from the Dalai Lama and other Mahayana versions, but to greater or lesser extent it pops up in most of the strands of Buddhism. Suffering is also a big deal in Christianity.

That's an astute observation [Scott](#) . In both of these religions suffering seems to be something integral to life: "original sin" and "life is suffering", to put it a little glibly. On the other hand Epicurus treats suffering as a consequence of superstition and false beliefs. If you can rid yourself of those, then pain is something that you can handle, even to the degree that you make daily choices as to whether accepting a given pain will bring you a balance of pleasure.

This becomes pretty clear by studying the PDs. The first four are foundational, but the others continue to develop these ideas. It really is a positive philosophy.