

Welcome AcuDoc

Post by “Kalosyni” of September 13, 2024 at 7:26 PM

Welcome to the forum @AcuDoc213 😊

[Quote from AcuDoc213](#)

I wonder if anyone else follows or comes from a Secular Buddhist background, too.

Was Zen Buddhist for a time. Only briefly read about secular Buddhism.

For me, my mental framing of pleasure has shifted greatly since studying Epicurean philosophy, to a more relaxed and accepting attitude. Also, a shift in my mental framing of death. So Epicurean philosophy has a more expansive take on both pleasure and death, compared to Buddhism, in my opinion. I suppose that having gone through Buddhism and then coming to Epicureanism, means that I had already spent some time thinking about desire and death. (I'll see if I can re-read that compare and contrast thread referenced above, as not remembering what was covered in that thread).