

# Why Minimizing All Desire Is Incorrect (And What To Do Instead)

Post by "Cassius" of December 6, 2024 at 9:13 AM

"Life as most everyone lives it is unsatisfactory, filled with misery, pain, unfulfilled desire, etc."

Thanks for that - yes I want to be accurate - and I think your description of the Buddhist position makes it worse from an Epicurean perspective than what i described. They do not offer a positive view of pleasure as the remedy to that problem, but essentially nothingness - the death of desire.

So don't let me go too easy on it!

The remedy to misery, pain, and unfulfilled desire is NOT to end desire, nor to minimize desire, nor to define desire out of existence, or to wish ourselves out of existence. A philosophy which values life, rather than seeks to extinguish it, will seek to intelligently pursue pleasure, which specifically includes those desires for the pleasures of the senses that these other philosophies focus their time on condemning.

I do agree that we don't want to turn this into an expose on Buddhism (we've gone through most of that already) but there's a reason why anyone who seeks to suppress desire and pleasure is relevant, and the issues have to be confronted head-on.

The Discussions focused on Buddhism are here:

[Epicurus vs. Buddha and the Buddhists](#)

Including particularly this thread:

Post

[RE: 2022 Epicurus vs Buddhism Compare and Contrast Thread](#)

Of the ancient Indian philosophies of **Ājīvika**, **Ajñana**, **Buddhism**, **Chārvāka**, **Jainism**, **Mīmāṃsā**, **Nyāya**, **Samkhya**, **Vaisheshika**, **Vedanta**, and **Yoga**, we'll find the closest companion to Epicureanism in **Chārvāka**. Early Buddhism is most closely related to the Indian school of **Ajñana**, from which Pyrrhonism developed, so, in general, I don't think that comparisons between early Buddhism and Epicurean philosophy are helpful. They are dissimilar and historically unrelated.

<https://www.epicureanfriends.com/thread/4175-why-minimizing-all-desire-is-incorrect-and-what-to-do-instead/?postID=33257#post33257>

In terms of physics, Epicureanism...

Eikadistes

January 27, 2022 at 10:02 PM