

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Kalosyni” of September 29, 2025 at 9:27 PM

[Quote from Robert](#)

Were you affiliated with a particular Buddhist school/tradition?

Started briefly with a Tibetan Buddhist group, then interspersed for a few times with a visit to a bay area Soto Zen Center, also once attended a Thai Forest Tradition short retreat for lay practitioners, and my main practice of several years of regular attendance was at a Soto Zen Temple.

[Quote from Robert](#)

An interesting question here about how philosophy and/or religion address this kind of suffering. Buddhism sometimes seems close to Stoicism in that it teaches us to overcome suffering by devaluing it

Later Mahayana (Zen and Tibetan) have added the Bodhisattva ideal, which brings in a bit more compassion for suffering, compared to Theravadin.

[Quote from Robert](#)

How should an Epicurean address it?

This is a very good question... so to state the question: how would an Epicurean think and act regarding: 1) one's own suffering; 2) other people's suffering - friends/family; community; strangers/unknown visitors/people living in distant lands.

Edit note: Oct.1, 2025, I have removed the website links which were originally embedded in this thread, but you can private message me with any further questions regarding specific Buddhist groups.