

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Pacatus” of September 30, 2025 at 2:44 PM

I seem to recall that Douglas Bates (whose site [Kalosyni](#) linked above), in his book *Pyrrho's Way: The Ancient Greek Version of Buddhism* – a thick, small-print tome in paperback – said that he gave up meditating because there was no record of Pyrrho or the Pyrrhonists engaging in meditation, or bringing that practice from India. I think he said that he took up long walks instead – no doubt a very good practice in itself, but

My initial reaction: I bet there's no record of them playing golf, either – better take up discus-throwing instead! 😄😏😂