

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Robert” of September 30, 2025 at 6:00 PM

[Kalosyni](#), I'm always interested to hear about the experiences/trajectories of others who have been involved with Buddhism at some point, so thank you for sharing yours--and for the links. Some of those communities look inviting.

I still feel gratitude towards Buddhism; I learned a lot from it and it was my entry into philosophy.

Since Soto is so meditation-centric ("sit down and shut up!" as one teacher puts it), you must have spent much time on the zafu. What are your thoughts on integrating a meditation practice into Epicureanism?