

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by “Kalosyni” of September 30, 2025 at 6:34 PM

[Quote from Robert](#)

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?

I never considered myself an "intense" meditator. Some of the people attending the Buddhist group would be meditating every day for 40 minute sessions, at home.

For me it might have been just 5 or 10 minutes at home, but on Sundays I would attend the public group that had 40 minute zazen, and also weekend retreats (just a few times), and also mid-week class which had 40 minutes, and then over several years it starts adding up (lol).

But I feel like the meditation process which is based on sitting still, is training a certain part of your brain that is different than the part of your brain that is active when you are moving around doing stuff or talking to people. And you are still left with solving all the real-life issues that require a thinking, rational mind that needs to make choices and take action. If you are lacking in certain basic needs of modern life (work, monetary resources, friends, etc), then no amount of meditation will solve those problems. In fact it could end up causing you to "let go" too much, such that you aren't properly doing what you need to do to solve those life issues.

As for Epicureans, if it gives you pleasure and doesn't cause any longterm problems then meditation gets a thumbs-up.

[Quote from Robert](#)

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

Yes, same here. 👍