

# 2022 Epicurus vs Buddhism Compare and Contrast Thread

**Post by “Kalosyni” of October 1, 2025 at 11:13 AM**

This Vatican Saying comes up:

VS54. We must not pretend to study philosophy, but study it in reality, for it is not the appearance of health that we need, but real health.

I always interpret this as a combination of both physical and mental health.

And this could be applied to Buddhism as well...even if someone sits in meditation, and appears to be doing well, what is actually going on inside their minds?

Epicureanism helps one make sense of death and desires, and that leads toward liberation without the need for years and years of long meditation sessions. You drop your mental worries because you have arrived at a sense of true personal sufficiency - through a combination of putting effort into setting up your life and lifestyle to be conducive to personal well-being and developing specific attitudes/understandings toward pleasure & pain and life & death.