

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by "Robert" of October 1, 2025 at 10:54 PM

[Quote from Kalosyni](#)

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.

This makes a lot of sense. It also helps explain a phenomenon that used to puzzle me; I'd experience these very nice states of tranquility during meditation, often with a feeling of bliss mixed in there as well, and it would feel like I'd accessed some reservoir of inner peace. But then as soon as the meditation ended and I had to get back to worldly stuff, dealing with normal tasks and interacting with people, it all dispersed quickly and I'd even start to feel irritated and grumpy. And I'd think, "well, that didn't accomplish much, did it, since it's not helping me at all right now." But since, as you point out, different parts of the brain were involved, this is all easily explained.

I wasn't one of those virtuoso meditators, either--when I had a regular, daily sitting practice, I usually did about 10-20 mins. Some occasional experiences with longer meditations in a group setting. These days, I'd worry about dozing off.