

## 15- Affect and Emotions

May the stars carry your sadness away, May the flowers fill your heart with beauty, May hope forever wipe away your tears, And, above all, may silence make you strong.

American Indigenous, Chief Dan George, Tsleil-Waututh Nation

The Lord supports this universe, which is made up of the perishable and the imperishable, the manifest and the unmanifest. The individual soul, forgetful of the Lord, attaches itself to pleasure and thus is bound.

Hinduism, Svetasvatara Upanishad 1: 8

“In our system it is accepted that a man cannot have all he desires. Life is subjected to many restraints. This is ugly, yet it brings out points of light and strength.”

Hinduism, Swami Vivekananda,  
Sayings and Utterances

The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is insight.

Judaism, *Misheli (Proverbs)* 9: 10

He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD. Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after false gods!

Judaism, *Tehilim (Psalms)* 40: 3-4

And may the sovereign Good be ours!  
According as one desires bliss may one receive bliss  
Through Thy most far seeing Spirit, O Lord...

Zoroastrianism, *Avesta, Yasna* 43: 2

There is no fear for the one whose thought is untroubled, whose mind is not confused, who has ceased to think of good and bad, who is aware.

Buddhism, *Dhammapada* 39

If a person does what is wrong, let one not do it again. Let one not find pleasure in wrong. Painful is the accumulation of bad conduct.  
If a person does what is good, let one do it again. Let one find joy in it.  
Happiness is the result of good conduct.

Buddhism, *Dhammapada* 117-118

Let us live in joy, not hating those who hate us. Among those who hate us, we live free of hate. Let us live in joy, though we possess nothing.  
Let us live in joy, free from disease among those who are diseased. Among those who are diseased, let us live free of disease.  
Let us live in joy, free from greed among the greedy. Among those who are greedy, we live free of greed.

Buddhism, *Dhammapada* 197-199

If you close your mind in judgements and traffic with desires, your heart will be troubled.  
If you keep your mind from judging and aren't led by the senses, your heart will find peace.

Taoism, Lao-Tzu, *Tao Te Ching*, Chap 52

If you realize that all things change, there is nothing you will try to hold on to. If you aren't afraid of dying, there is nothing you can't achieve.

Taoism, Lao-Tzu, *Tao Te Ching*, Chap 74

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...”

Christianity, *Matthew* 5: 43-44

“Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me; for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.”

Christianity, *Matthew* 11: 28-30

Do you enjoined others to do what is good and forget your ownelves, while you read the book? Will you not then understand? And seek help with patience and prayer, and this indeed is hard except for the humble in spirit, Who know for certain that they will meet their Lord, and to HIM will they return.

Islam, Muhammad, *Qur'án* 2: 45-47

And when they hear vain talk, they turn away therefrom and say: "To us our deeds, and to you yours; peace be to you: we seek not the ignorant."

Islam, Muhammad, *Qur'án* 28: 55

[The true seeker] should be content with little, and be freed from all inordinate desire.... He should succour the dispossessed, and never withhold is favour from the destitute.

Bahá'i, Bahá'u'lláh,  
*Kitáb-i-Iqán*, p. 193-194

Let us pray to God that the breath of the Holy Spirit may again give hope and refreshment to the people, awakening in them a desire to do the Will of God. May heart and soul be vivified in every man: so will they all rejoice in a new birth.

Bahá'i, 'Abdu'l-Bahá,  
*Paris Talks*, p. 34

This is the time for growing; the season for joyous gathering! Take the cup of the Testament in thy hand; leap and dance with ecstasy in the triumphal procession of the Covenant! Lay your confidence in the everlasting bounty, turn to the presence of the generous God; ask assistance from the Kingdom of Abhá; seek confirmation from the Supreme World; turn thy vision to the horizon of eternal wealth; and pray for help from the Source of Mercy!

Bahá'i, 'Abdu'l-Bahá,  
*Bahá'í World Faith*, p. 351