

## 28-Joy & Happiness

May the Warm Winds of Heaven  
Blow softly upon your house.  
May the Great Spirit  
Bless all who enter there.  
May your Moccasins  
Make happy tracks  
in many snows,  
and may the Rainbow  
Always touch your shoulder.

Cherokee Prayer Blessing

Two paths lie in front of man. Pondering on them, the wise man chooses the path of joy; the fool takes the path of pleasure.

Hinduism, *Katha Upanishad* II

Leaving the transient, find joy in the Eternal; set not your heart on another's possession.

Hinduism, *Isha Upanishad* 1: 2-3

You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

Judaism, *Psalms* 16: 11

Fame or integrity: which is more important?  
Money or happiness: which is more valuable?  
Success or failure: which is more destructive?  
If you look to others for fulfillment, you will never truly be fulfilled.  
If your happiness depends on money, you will never be happy with yourself.

Be content with what you have; rejoice in the way things are.

When you realize there is nothing lacking, the whole world belongs to you.

Taoism, *Tao Te Ching*, Chapter 44

Whoever seeking one's own happiness inflicts pain on others who also want happiness will not find happiness after death.

Whoever seeking one's own happiness does not inflict pain on others who also want happiness will find happiness after death.

Buddhism, *Dhammapada*

If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and that your joy may be made full.

Christianity, *John* 15: 10-11

Verily the Companions Of the Garden shall That Day have joy In all that they do:  
They and their associates Will be in groves Of (cool) shade, reclining On Thrones (of dignity);  
Every) fruit (enjoyment) Will be there for them; They shall have whatever They call for;  
Peace!" — a Word (Of salutation) from a Lord Most Merciful!  
And O ye in sin! Get ye apart this Day!

Islam, *Qur'an*, 36: 55-59

Happy is the man that hath apprehended the Purpose of God in whatever He hath revealed from the Heaven of His Will that pervadeth all created things.

Bahá'i, Bahá'ulláh, *The Kitáb-i-Áqdas*, K 125

Be happy and joyous because the bestowals of God are intended for you and the life of the Holy Spirit is breathing upon you.

Bahá'i, 'Abdu'l-Bahá,  
*Promulgation of Universal Peace*, p. 214

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