



JOY AND HAPPINESS

Hinduism

The Infinite is the source of joy. There is no joy in the finite. Only in the Infinite is there joy. Ask to know the Infinite.

Chandogya Upanishad 7.23

When totally free from outer contacts a man finds happiness in himself. He is fully trained in God's discipline and reaches unending bliss. The experiences we owe to our sense of touch are only sources of unpleasantness. They have a beginning and an end. A wise man takes no pleasure in them. That man is disciplined and happy who can prevail over the turmoil that springs from desire and anger, here on earth, before he leaves his body.

Bhagavad Gita 5.21~23

The Self-existent is the essence of all felicity... Who could live, who could breathe, if that blissful Self dwelt not within the lotus of the heart? He it is that gives joy. Of what is the nature of joy? Consider the lot of a young man, noble, well-read, intelligent, strong, healthy, with all the wealth of the world at his command. Assume that he is happy, and measure his joy as one unit.

One hundred times that joy is one unit of the gandharvas; but no less joy than gandharvas has the seer to whom the Self has been revealed, and who is without craving.

One hundred times the joy of the gandharvas is one unit of the joy of celestial gandharvas [angels]; but no

less joy than the celestial gandharvas has the sage to whom the Self has been revealed, and who is without craving.

One hundred times the joy of the celestial gandharvas is one unit of the joy of the pitris in their paradise... joy of the devas... joy of the devas born out of sacrifice... joy of the ruling devas... joy of Indra... joy of Brihaspati... joy of Prajapati... joy of Brahma, but no less joy than Brahma has the seer to whom the Self has been revealed, and who is without craving.

It is written: he who knows the joy of Brahman, which words cannot express and the mind cannot reach, is free from fear. He is not distressed by the thought, "Why did I not do what is right? Why did I do what is wrong?" He who knows the joy of Brahman, knowing both good and evil, transcends them both.

Taittiriya Upanishad 2.7~9

Judaism

But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee. For thou, Lord, wilt bless the righteous; with flavor wilt thou compass him as [with] a shield.

Psalm 5.11~12

Many sorrows [shall be] to the wicked: but he that trusteth in the Lord, mercy shall compass him about. Be glad in the Lord, and rejoice, ye righteous: and shout for joy, all [ye that are] upright in heart.

Psalm 32.10~11

Every man also to whom God hath given riches and wealth, and hath given him power to eat thereof, and to take his portion, and to rejoice in his labor; this [is] the gift of God. For he shall not much remember the days of his life; because God answereth [him] in the joy of his heart.

Ecclesiastes 5.19~20

The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly, and rejoice even with joy and singing: the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon, they shall see the glory of the Lord, [and] the excellency of our God. ...And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.

Isaiah 35.2~10

Although the fig tree shall not blossom, neither [shall] fruit [be] in the vines; the labor of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and [there shall be] no herd in the stalls: Yet I will rejoice in the Lord, I will exult in the God of my salvation. The Lord God [is] my strength, and he will make my feet

like hinds' [feet], and he will make me to walk upon mine high places.

Habakkuk 3.17~19

Make a joyful noise to the Lord, all the lands! Serve the Lord with gladness! Come into His presence with singing! Know that the Lord is God! It is He that made us, and we are His; we are His people, and the sheep of His pasture. Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him, bless His name! For the Lord is good; His steadfast love endures forever, and His faithfulness to all generations.

Psalms 100.1~5

Zoroastrianism

O Righteous One, according to Your will, I shall accomplish to the extent of (my) power, Your worship with good thoughts, good words, and good deeds. I shall open (for

myself) the brilliant way (of paradise) so that the grievous punishment of hell may not be inflicted on me. I shall pass over the Chinwad bridge and attain to the abode of paradise (which is) very fragrant, all-embroidered, and of all happiness.

Avesta, Nam Stayishin

Have ye Dominion and power, O Mazda, Right and Good Thought, to do as I urge upon you, even to protect your poor man? We have renounced the robber-gangs, both demons and men. If ye are truly thus, O Mazda, Right and Good Thought, then give me this token, even a total reversal of this life, that I may come before you again more joyfully with worship and praise.

Avesta Yasna 34.5-6



Buddhism

At any one moment, Nirvana has neither the phenomenon of becoming, nor that of cessation, nor even the ceasing of operation of becoming and cessation. It is the manifestation of perfect rest and cessation of changes, but at the time of manifestation there is not even a concept of manifestation; so it is called the Everlasting Joy which has neither enjoyer nor non-enjoyer.

Sutra of Hui Neng 7

You should devote yourselves to find joy in pleasures of the Dharma, and should take no pleasure in desires.

Holy Teaching of Vimalakirti 4

Diseases have hunger as their worst. Sufferings have dispositions as their worst. Knowing this in proper perspective, freedom (Nibbana) is the ultimate happiness. Of all gains, good health is the greatest.

Of all wealth, contentment is the greatest. Among kinsmen, the trusty is the greatest. Freedom (Nibbana) is the ultimate happiness. Having imbibed the essence of solitude and the essence of tranquility, and imbibing the joyous essence of righteousness, one becomes free from anguish and free from evil.

Dhammapada 203~5

From Joy there is some bliss, from Perfect Joy yet more, from the Joy of cessation comes a passionless state, and the Joy of the Innate is finality. The first comes by desire for contact, the second by desire for bliss, the third from the passing of passion, and by this means the fourth is realized.

Hevajra Tantra 8.32~33

Let us live happily, without hate amongst those who hate. Let us dwell unhating amidst hateful men. Let us live happily, in good health amongst those who are sick. Let us dwell in good

health amidst ailing men. Let us live happily, without yearning for sensual pleasures amongst those who yearn for them. Let us dwell without yearning amidst those who yearn. Let us live happily, we who have no impediments. We shall subsist on joy even as the radiant gods.

Dhammapada 197~200

Christianity

Ye call Me Master and Lord: and ye say well; for [so] I am. If I then, [your] Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you. Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. If ye know these things, happy are ye if ye do them.

John 13.13~17

The kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit.

Romans 14.17

Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: but rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy. If ye be reproached for the name of Christ, happy [are ye]; for the spirit of glory and of God resteth upon you: on their part He is evil spoken of, but on your part He is glorified.

1 Peter 4.12~14

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the

affections and lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another.

Galatians 5.22~26

As the Father hath loved me, so have I loved you: continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and [that] your joy might be full. This is my commandment, That ye love one another, as I have loved you. Greater love hath no man than this, that a man lay down his life for his friends.

John 15.9~14



Islam

In the name of God, the Beneficent, the Merciful. When the heaven bursts asunder, and obeys its Lord and it must, and when the earth is stretched, and casts forth what is in it and becomes empty, and obeys its Lord and it must, O man! surely you must strive (to attain) to your Lord, a hard striving until you meet Him. Then as to him who is given his book in his right hand, he shall be reckoned with by an easy reckoning, and he shall go back to his people joyful.

Qur'an Surih 84:1~9

And that those who have been given the knowledge may know that it is the truth from your Lord, so they may believe in it and their hearts may be lowly before it; and most surely God is the Guide of those who believe in a right path. And those who disbelieve shall not cease to be in doubt concerning it until the hour overtakes them suddenly, or

there comes on them the chastisement of a destructive day. The kingdom on that day shall be God's. He will judge between them; so those who believe and do good will be in gardens of bliss.

Qur'an 22: 54~56

In the name of God, the Beneficent, the Merciful. When the heaven becomes cleft asunder, and when the stars become dispersed, and when the seas are made to flow forth, and when the graves are laid open, every soul shall know what it has sent before and held back. O man ! what has beguiled you from your Lord, the Gracious One, Who created you, then made you complete, then made you symmetrical? Into whatever form He pleased He constituted you. Nay! But you give the lie to the judgment day, And most surely there are keepers over you -- honorable recorders. They know what you do. Most surely the righteous are in bliss.

Qur'an 82.1~25

For a mighty day, the day on which men shall stand before the Lord of the worlds? Nay! Most surely the record of the wicked is in the Sijjin. And what will make you know what the Sijjin is? It is a written book. Woe on that day to the rejecters, who give the lie to the Day of Judgment. And none gives the lie to it but every exceeeder of limits, the sinful ones. When Our communications are recited to him, he says, Stories of those of yore. Nay! Rather, what they used to do has become like rust upon their hearts. Nay! Most surely they shall on that day be debarred from their Lord. Then most surely they shall enter the burning fire. Then shall it be said, This is what you gave the lie to. Nay! Most surely the record of the righteous shall be in the Iiyin. And what will make you know what the highest Iiyin is? It is a written book. Those who are drawn near (to God) shall witness it. Most surely the righteous

shall be in bliss. On thrones they shall gaze, you will recognize in their faces the brightness of bliss. They are made to quaff of a pure drink that is sealed (to others).

Qur'án 83.5~21

Báb'í Faith

Say, by reason of your remembering Him Whom God shall make manifest and by extolling His name, God will cause your hearts to be dilated with joy, and do ye not wish your hearts to be in such a blissful state? Indeed the hearts of them that truly believe in Him Whom God shall make manifest are vaster than the expanse of heaven and earth and whatever is between them. God hath left no hindrance in their hearts, were it but the size of a mustard seed. He will cheer their hearts, their spirits, their souls and their bodies and their days of prosperity or adversity, through the exaltation of

the name of Him Who is the supreme Testimony of God and the promotion of the Word of Him Who is the Dayspring of the glory of their Creator.

Verily, these are souls who take delight in the remembrance of God, Who dilates their hearts through the effulgence of the light of knowledge and wisdom. They seek naught but God and are oft engaged in giving praise unto Him. They desire naught except whatever He desireth and stand ready to do His bidding. Their hearts are mirrors reflecting whatsoever He Whom God shall make manifest willeth. Thus God will cheer the hearts of those who truly believe in Him and in His signs and who are well assured of the life to come. Say, the life to come is none other than the days associated with the coming of Him Whom God will make manifest.

The Kitáb-i-Asmá, pp. 145-146

Bahá'í Faith

With faces beaming with joy, hasten ye unto Him. This is the changeless Faith of God, eternal in the past, eternal in the future. Let him that seeketh, attain it; and as to him that hath refused to seek it--verily, God is Self-Sufficient, above any need of His creatures.

Gleanings from the Writings of Bahá'u'lláh, pp.136~37

O SON OF SPIRIT! With the joyful tidings of light I hail thee: rejoice! To the court of holiness I summon thee; abide therein that thou mayest live in peace for ever more.

Hidden Words of Bahá'u'lláh (Arabic #33)

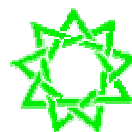
When the Sun of Reality shed its endless bounties from the Dawning-Point of all desires, and this world of being was lit with that sacred light from pole to pole, with such intensity did it cast down its rays that it blotted out the Stygian dark forever, whereupon this earth of dust became the

envy of the spheres of heaven, and this lowly place took on the state and panoply of the supernal realm. The gentle breeze of holiness blew over it, scattering abroad sweet savours; the spring winds of heaven passed by it, and over it, from the Source of all bestowals, were wafted fruitful airs that carried boundless grace. Then the bright dawn rose, and there came tidings of great joy. The divine springtime was here, pitching its tents in this contingent world, so that all creation leapt and danced. The withered earth brought forth immortal blooms, the dead dust woke to everlasting life. Then came forth flowers of mystic learning, and, bespeaking the knowledge of God, fresh greenery from the ground.

Selections from the Writings of `Abdu'l-Bahá, p. 8

In this world we are influenced by two sentiments, Joy and Pain. Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of usefulness. But when sadness visits us we become weak, our strength leaves us, our comprehension is dim and our intelligence veiled. The actualities of life seem to elude our grasp, the eyes of our spirits fail to discover the sacred mysteries, and we become even as dead beings. There is no human being untouched by these two influences; but all the sorrow and the grief that exist come from the world of matter--the spiritual world bestows only the joy!

Paris Talks by `Abdu'l-Bahá, pp. 109~12



I beg Thee to forgive me, O my Lord, for every mention but the mention of Thee, and for every praise but the praise of Thee, and for every delight but delight in Thy nearness, and for every pleasure but the pleasure of communion with Thee, and for every joy but the joy of Thy love and

of Thy good-pleasure, and for all things pertaining unto me which bear no relationship unto Thee, O Thou Who art the Lord of lords, He Who provideth the means and unlocketh the doors.

Prayers And Meditations, pp. 182-83



PRAYER FOR AMERICA

O Thou kind Lord! This gathering is turning to Thee. These hearts are radiant with Thy love. These minds and spirits are exhilarated by the message of Thy glad-tidings. O God! Let this American democracy become glorious in spiritual degrees even as it has aspired to material degrees, and render this just government victorious. Confirm this revered nation to upraise the standard of the oneness of humanity, to promulgate the Most Great Peace, to become thereby most glorious and praiseworthy among all the nations of the world. O God! This American nation is worthy of Thy favors and is deserving of Thy mercy. Make it precious and near to Thee through Thy bounty and bestowal.

Abdu'l-Bahá

