

HAPPINESS

Contentment and Joy

1. ESSENCE

- 2122 Where there is joy there is creation. Where there is no joy
there is no creation: know the nature of joy.
Upanishads (c. B.C. 800)
- 2123 Happiness is unrepented pleasure.
Socrates (B.C. 469-399)
- 2124 Happiness is the absence of the striving for happiness.
Chuang-tzu (fl. B.C. 350)
- 2125 Happiness is the light on the water.
The water is cold and dark and deep.
William Maxwell (1676-1744)
- 2126 Happiness consists more in small conveniences of pleasures
that occur every day, than in great pieces of good fortune
that happen but seldom to a man in the course of his life.
Franklin (1706-1790)
- 2127 Happiness is not being pained in body or troubled in mind.
Thomas Jefferson (1743-1826)
- 2128 Happiness? That's nothing more than good health and a poor
memory.
Albert Schweitzer (1875-1965)
- 2129 Happiness is the interval between periods of unhappiness.
Donald Marquis (1878-1937)

2. OPPOSITES

- 2130 Contentment is natural wealth; luxury, artificial poverty.
Socrates (B.C. 469-399)
- 2131 The nonpermanent appearance of happiness and distress, and
their disappearance in due course, are like the appearance
and disappearance of summer and winter seasons.
Bhagavad Gita (c. B.C. 400)
- 2132 A highly learned man has two sources of happiness:
Either he abandons all earthly interests
Or else he possesses much which could be abandoned.
Nagarjuna (c. 100-200 A.D.)

- 2133 Contentment consisteth not in adding more fuel,
but in taking away some fire.
Thomas Fuller (1608-1661)
- 2134 False happiness renders men stern and proud,
and that happiness is never communicated.
True happiness renders them kind and sensible,
and that happiness is always shared.
Montesquieu (1689-1755)
- 2135 The most happy man is he who knows how to bring into
relation the end and beginning of his life.
Goethe (1749-1832)
- 2136 There is this difference between happiness and wisdom,
that he that thinks himself the happiest man really is so;
but he that thinks himself the wisest is generally the
greatest fool.
Colton (1780-1832)
- 2137 The foolish man seeks happiness in the distance;
The wise grows it under his feet.
James Oppenheim (1882-1932)
- 2138 The bringers of joy have always been the children of sorrow.
Hazrat Inayat Khan (1882-1927)
- 2139 Happiness is like a sunbeam, which the least shadow
intercepts, while adversity is often as the rain of spring.
Chinese Proverb

3. INSIGHT

- 2140 Indecision regarding the choice among pleasures temporarily
robs a man of inner peace. After due reflection, he attains
joy by turning away from the lower pleasures and seeking the
higher ones.
I Ching (B.C. 1150?)
- 2141 We think a happy life consists in tranquility of mind.
Cicero (B.C. 106-43)
- 2142 You traverse the world in search of happiness,
which is within the reach of every man.
A contented mind confers it on all.
Horace (B.C. 65-8)
- 2143 Happiness hath he who renounces this cycle of being, which
is utterly unsubstantial and overwhelmed by the pains of
birth, death, old age and disease.
The Hitopadesa (600?-1100? A.D.)

- 2144 Silence is the perfectest herald of joy.
I were but little happy if I could say how much.
Shakespeare (1564-1616)
- 2145 A great obstacle to happiness is to expect too much
happiness.
Fontenelle (1657-1757)
- 2146 Three grand essentials to happiness in this life are
something to do, something to love, and something
to hope for.
Addison (1672-1719)
- 2147 If one only wished to be happy, this could be easily
accomplished; but we wish to be happier than other people,
and this is always difficult, for we believe others to be
happier than they are.
Montesquieu (1689-1755)
- 2148 Thus happiness depends, as Nature shows,
Less on exterior things than most suppose.
Cowper (1731-1800)
- 2149 Our greatest happiness does not depend on the condition of
life in which chance has placed us, but is always the result
of a good conscience, good health, occupation, and freedom
in all just pursuits.
Thomas Jefferson (1743-1826)
- 2150 Happiness is a ball after which we run wherever it rolls,
and we push it with our feet when it stops.
Goethe (1749-1832)
- 2151 To be happy is not the purpose of our being,
but to deserve happiness.
Fichte (1762-1814)
- 2152 We are no longer happy as soon as we wish to be happier.
Landor (1775-1864)
- 2153 Happiness grows at our own firesides,
and is not to be picked in stranger's gardens.
Douglas Jerrold (1803-1857)
- 2154 Tranquil pleasures last the longest;
we are not fitted to bear long the burden of great joys.
Beecher (1813-1878)
- 2155 Objects we ardently pursue bring little happiness when
gained; most of our pleasures come from unexpected sources.
Herbert Spencer (1820-1903)

- 2156 Be it jewel or toy,
Not the prize gives the joy,
But the striving to win the prize.
Owen Meredith (1831-1891)
- 2157 It is not how much we have, but how much we enjoy,
that makes happiness.
Charles Spurgeon (1834-1892)
- 2158 The greatest happiness you can have is knowing that you do
not necessarily require happiness.
William Saroyan (1908-1981)

4. POSITIVE

- 2159 Thousands of candles can be lighted from a single candle,
and the life of the candle will not be shortened.
Happiness never decreases by being shared.
Buddha (B.C. 568-488)
- 2160 Better than power over all the earth, better than going to
heaven and better than dominion over the worlds is the joy
of the man who enters the river of life that leads to
Non-Being.
The Dhammapada (c. B.C. 300)
- 2161 What is there given by the gods
more desirable than a happy hour?
Catullus (B.C. 84?-54?)
- 2162 Happiness seems made to be shared.
Pierre Corneille (1606-1684)
- 2163 Joy descends gently upon us like the evening dew,
and does not patter down like a hailstorm.
Richter (1763-1825)
- 2164 Joys too exquisite to last,
and yet more exquisite when past.
James Montgomery (1771-1854)
- 2165 Happiness and virtue rest upon each other;
the best are not only the happiest,
but the happiest are usually the best.
Bulwer-Lytton (1803-1873)
- 2166 He who has no wish to be happier is the happiest of men.
William R. Alger (1822-1905)

- 2167 Happiness makes up in height for what it lacks in length.
Robert Frost (1875-1963)

5. NEGATIVE

- 2168 No one can be said to be happy until he is dead.
Solon (B.C. 639-559)
- 2169 We take greater pains to persuade others that we are happy
than in endeavoring to think so ourselves.
Confucius (B.C. 551-479)
- 2170 Whoever does not regard what he has as most ample wealth,
is unhappy, though he be master of the world.
Epicurus (B.C. 341-270)
- 2171 Joys do not stay, but take wing and fly away.
Martial (43-104 A.D.)
- 2172 One kind of happiness is to know exactly at what point to be
miserable.
La Rochefoucauld (1613-1680)
- 2173 Happiness is nothing if it is not known,
and very little if it is not envied.
Johnson (1709-1784)
- 2174 The best advice on the art of being happy is about as easy
to follow as advice to be well when one is sick.
Anne Swetchine (1782-1857)
- 2175 There is even a happiness that makes the heart afraid.
Thomas Hood (1798-1845)
- 2176 Unquestionably, it is possible to do without happiness;
it is done involuntarily by nineteen-twentieths of mankind.
John Stuart Mill (1806-1873)
- 2177 Capacity for joy
Admits temptation.
Elizabeth B. Browning (1806-1861)
- 2178 The rays of happiness, like those of light,
are colorless when unbroken.
Longfellow (1807-1882)
- 2179 A lifetime of happiness! It would be hell on earth.
G. B. Shaw (1856-1950)

- 2180 As the ivy twines around the oak, so do misery and
misfortune encompass the happiness of man. Felicity,
pure and unalloyed, is not a plant of earthly growth;
her gardens are the skies.

Richard E. Burton (1861-1940)

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6. ADVICE

- 2181 If thou be industrious to procure wealth, be generous in
the disposal of it. Man never is so happy as when he giveth
happiness unto another.
- Akhenaton? (c. B.C. 1375)
- 2182 He who, before he leaves his body, learns to surmount the
promptings of desire and anger is a saint and is happy.
- Bhagavad Gita (c. B.C. 400)
- 2183 Avoid greatness; in a cottage there may be more real
happiness than kings or their favorites enjoy.
- Horace (B.C. 65-8)
- 2184 There is only one way to happiness and that is to cease
worrying about things which are beyond the power of our
will.
- Epictetus (50-138 A.D.)
- 2185 The happiness of your life depends upon the quality of your
thoughts: therefore, guard accordingly, and take care that
you entertain no notions unsuitable to virtue and reasonable
nature.
- Marcus Aurelius (121-180 A.D.)
- 2186 Know then this truth, enough for man to know
Virtue alone is happiness below.
- Pope (1688-1744)
- 2187 To have joy one must share it.
Happiness was born a twin.
- Byron (1788-1824)
- 2188 Happiness in this world, when it comes, comes incidentally.
Make it the object of pursuit, and it leads us a wild-goose
chase, and is never attained.
- Nathaniel Hawthorne (1804-1864)
- 2189 No matter what looms ahead, if you can eat today, enjoy
the sunlight today, mix good cheer with friends today,
enjoy it and bless God for it. Do not look back on
happiness - or dream of it in the future. You are only
sure of today; do not let yourself be cheated out of it.
- Beecher (1813-1878)

- 2190 There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment.
Sivananda (born 1887)

7. POTPOURRI

- 2191 The wise realizing through meditation the timeless Self, beyond all perception, deep in the cave of the heart leave pleasure and pain far behind.
The man who knows he is neither body nor mind, but the eternal Self, divine principle of existence, finds the source of all joy and lives in joy abiding.
Upanishads (c. B.C. 800)
- 2192 Happiness is brief.
It will not stay.
God batters at its sails.
Euripides (B.C. 480-406)
- 2193 The loss of wealth is loss of dirt,
As sages in all times assert;
The happy man's without a shirt.
John Heywood (1497?-1580?)
- 2194 What can be happier than for a man,
conscious of virtuous acts, and content with liberty,
to despise all human affairs?
Shakespeare (1564-1616)
- 2195 Human happiness seems to consist in three ingredients; action, pleasure and indolence. And though these ingredients ought to be mixed in different proportions, according to the disposition of the person, yet no one ingredient can be entirely wanting without destroying in some measure the relish of the whole composition.
David Hume (1711-1776)
- 2196 From trial he wins his spirits light,
From busy day the peaceful night;
Rich, from the very want of wealth,
In heaven's best treasures - peace and health.
Thomas Gray (1716-1771)
- 2197 Existence is a strange bargain. Life owes us little; we owe it everything. The only true happiness comes from squandering ourselves for a purpose.
Cowper (1731-1800)

2198 There's a hope for every woe,
And a balm for every pain,
But the first joys of our heart
Come never back again!

Robert Gilfillan (1798-1850)

2199 The Greeks said grandly in their tragic phrase,
"Let no one be called happy till his death,"
to which I would add,
"Let no one, till his death be called unhappy."

Elizabeth B. Browning (1806-1861)

2200 One by one (bright gifts from heaven)
Joys are sent thee here below;
Take them readily when given,
Ready, too, to let them go.

Adelaide Procter (1825-1864)

2201 All human joys are swift of wing,
For heaven doth so allot it;
That when you get an easy thing,
You find you haven't got it.

Eugene Field (1850-1895)