

SORROW

Grief, Melancholy, Sadness and Tears

1. ESSENCE

- 4404 Tears are the noble language of the eye.
Robert Herrick (1591-1674)
- 4405 Tears are the silent language of grief.
Voltaire (1694-1778)
- 4406 Melancholy is the pleasure of being sad.
Victor Hugo (1802-1885)
- 4407 Sorrow is a form of self-pity.
John F. Kennedy (1917-1963)

2. OPPOSITES

- 4408 As joy is not without its alloy of pain,
so neither is sorrow without its portion of pleasure.
Akhenaton? (c. B.C. 1375)
- 4409 Let no man ever cleave to things that are pleasant
or to those that are unpleasant.
Not to see what is pleasant is pain,
and it is pain to see what is unpleasant.
The Dhammapada (c. B.C. 300)
- 4410 The sorrowful dislike the gay, and the gay the sorrowful.
Horace (B.C. 65-8)
- 4411 Our days and nights
Have sorrows woven with delights.
Francois De Malherbe (1555-1628)
- 4412 Moderate lamentation is the right of the dead;
excessive grief the enemy of the living.
Shakespeare (1564-1616)
- 4413 If our inward griefs were seen written on our brow,
how many would be pitied who are now envied!
Metastasio (1698-1782)
- 4414 Sorrow never comes too late,
And happiness too swiftly flies.
Thomas Gray (1716-1771)
- 4415 Alas! sorrow from happiness is oft evolved.
Goethe (1749-1832)

4416 Grief is a stone that bears one down,
but two bear it lightly.

Wilhelm Hauff (1802-1825)

4417 We weep when we are born,
Not when we die!

Thomas Bailey Aldrich (1836-1907)

3. INSIGHT

4418 What is the source of sadness, but feebleness of the mind?
what giveth it power but the want of reason? Rouse thyself
to the combat, and she quitteth the field before thou
strikest.

Akhenaton? (c. B.C. 1375)

4419 Grief, like a tree, has tears for its fruit.

Philemon (B.C. 361-262)

4420 'All is transient.' When one sees this, he is above sorrow.
This is the clear path.
'All is sorrow.' When one sees this, he is above sorrow.
This is the clear path.
'All is unreal.' When one sees this he is above sorrow.
This is the clear path.

The Dhammapada (c. B.C. 300)

4421 No grief is so acute but that time ameliorates it.

Cicero (B.C. 106-43)

4422 Tears are sometimes as weighty as words.

Ovid (B.C. 43-18 A.D.)

4423 That grief is light which can take counsel.

Seneca (B.C. 3-65 A.D.)

4424 For a man who is contented with little,
Wealth is inexhaustible.
He who continually seeks and is never satisfied
Will experience a constant rain of sorrow.

Saskya Pandita (1182-1251)

4425 Our sorrows are like thunder-clouds, which seem black in
the distance, but grow lighter as they approach.

Richter (1763-1825)

4426 We pamper little griefs into great ones,
and bear great ones as well as we can.

Hazlitt (1778-1830)

- 4427 Earth hath no sorrow that heaven cannot heal. 3 of 8
Thomas Moore (1779-1852)
- 4428 In youth, grief comes with a rush and overflow,
but it dries up, too, like a torrent.
In the winter of life it remains a miserable pool,
resisting all evaporation.
Anne Swetchine (1782-1857)
- 4429 They truly mourn that mourn without a witness.
Byron (1788-1824)
- 4430 There are people who have an appetite for grief;
pleasure is not strong enough and they crave pain.
Emerson (1803-1882)
- 4431 Of all the portions of life it is in the two twilights,
childhood and age, that tears fall with the most
frequency; like the dew at dawn and eve.
William R. Alger (1822-1905)

4. POSITIVE

- 4432 Reflection is the business of man; a sense of his state is
his first duty: but who remembereth himself in joy?
Is it not in mercy then that sorrow is allotted unto us?
Akhenaton? (c. B.C. 1375)
- 4433 There is something pleasurable in calm remembrance of a past
sorrow.
Cicero (B.C. 106-43)
- 4434 The liquid drops of tears that you have shed
Shall come again, transform'd to orient pearl,
Advantaging their loan with interest
Of ten times double gain of happiness.
Shakespeare (1564-1616)
- 4435 The path of sorrow, and that path alone,
leads to the land where sorrow is unknown;
no traveller ever reached that blessed abode
who found not thorns and briars in his road.
Cowper (1731-1800)
- 4436 Sorrow seems sent for our instruction, as we darken the
cages of birds when we would teach them to sing.
Richter (1763-1825)
- 4437 Tears are the softening showers which cause the seed of
heaven to spring up in the human heart.
Walter Scott (1771-1832)

- 4438 Tears hinder sorrow from becoming despair.
Leigh Hunt (1784-1859)
- 4439 So bright the tear in Beauty's eye,
Love half regrets to kiss it dry.
Byron (1788-1824)
- 4440 Grief knits two hearts in closer bonds than happiness ever
can; and common sufferings are far stronger links than
common joys.
Alphonse de Lamartine (1790-1869)
- 4441 Man's unhappiness comes of his greatness; it is because
there is an infinite in him, which, with all his cunning,
he cannot quite bury under the finite.
Carlyle (1795-1881)
- 4442 There is a joy in sorrow which none but a mourner can know.
Tupper (1810-1889)
- 4443 Night brings out stars as sorrow shows us truths.
Bailey (1816-1902)
- 4444 The soul would have no rainbow had the eyes no tears.
John Vance Cheney (1848-1922)

5. NEGATIVE

- 4445 Be not deceived with fair pretences, nor suppose that sorrow
healeth misfortune. It is a poison under the colour of a
remedy; while it pretendeth to draw the arrow from thy
breast, lo, it plungeth it into thine heart.
Akhenaton? (c. B.C. 1375)
- 4446 Grief tears his heart, and drives him to and fro,
In all the raging impotence of woe.
Homer (c. B.C. 700)
- 4447 Excess of grief for the deceased is madness; for it is an
injury to the living, and the dead know it not.
Xenophon (B.C. 430-355)
- 4448 Suppressed grief suffocates, it rages within the breast,
and is forced to multiply its strength.
Ovid (B.C. 43-18 A.D.)
- 4449 Great grief does not of itself put an end to itself.
Seneca (B.C. 3-65 A.D.)

- 4450 There is no greater grief than to remember days of joy when misery is at hand. 5 of 8
Dante (1265-1321)
- 4451 Short time seems long in sorrow's sharp sustaining;
though woe be heavy, yet it seldom sleeps,
and they who watch, see time how slow it creeps.
Shakespeare (1564-1616)
- 4452 The most unhappy of all men is he who believes himself
to be so.
David Hume (1711-1776)
- 4453 The person who grieves suffers his passion to grow upon him;
he indulges it, he loves it; but this never happens in the
case of actual pain, which no man ever willingly endured for
any considerable time.
Burke (1729-1797)
- 4454 It is dangerous to abandon one's self to the luxury of
grief; it deprives one of courage and even of the wish
for recovery.
Henri Frederic Amiel (1821-1881)
- 4455 Two barrels of tears do not heal a bruise.
Chinese Proverb

6. ADVICE

- 4456 Grief is natural to the mortal world, and is always about
thee; pleasure is a guest, and visiteth thee but by thy
invitation; use well thy mind, and sorrow shall be passed
behind thee; be prudent, and the visits of joy shall remain
long with thee.
Akhenaton? (c. B.C. 1375)
- 4457 Do not vainly lament, but do wonder at the rule of
transiency and learn from it the emptiness of human
life. Do not cherish to unworthy desire that the
changeable might become unchanging.
Buddha (B.C. 568-488)
- 4458 We should feel sorrow, but not sink under its oppression.
Confucius (B.C. 551-479)
- 4459 It is some relief to weep;
grief is satisfied and carried off by tears.
Ovid (B.C. 43-18 A.D.)

- 4460 If you wish to live a life free from sorrow, think of what is going to happen as if it had already happened.
Epictetus (50-138 A.D.)
- 4461 Past sorrows, let us moderately lament them;
For those to come, seek wisely to prevent them.
John Webster (1580?-1634)
- 4462 Sorrow's best antidote is employment.
Young (1683-1765)
- 4463 Hide not thy tears; weep boldly, and be proud to give the flowing virtue manly way; it is nature's mark to know an honest heart by.
Aaron Hill (1685-1750)
- 4464 Sorrow is a kind of rust of the soul which every new idea contributes in its passage to scour away. It is the putrefaction of stagnant life, and is remedied by exercise and motion.
Johnson (1709-1784)
- 4465 If grief is to be mitigated, it must either wear itself out or be shared.
Anne Swetchine (1782-1857)
- 4466 If you are melancholy for the first time,
you will find, upon a little inquiry,
that others have been melancholy many times,
and yet are cheerful now.
Leigh Hunt (1784-1859)
- 4467 Be still, sad heart! and cease repining;
Behind the clouds is the sun still shining;
Thy fate is the common fate of all,
Into each life some rain must fall,
Some days must be dark and dreary.
Longfellow (1807-1882)
- 4468 Sadness is not an evil. Complain not; what seem to be sufferings and obstacles are often in reality the mysterious efforts of nature to help you in your work if you can manage them properly. Look upon all circumstances with the gratitude of a pupil. All complaint is a rebellion against the law of progress.
H. P. Blavatsky (1831-1891)

7. POTPOURRI

- 4469 Sorrow is invited frequently, pleasure rarely; pain cometh of itself, delight must be purchased; grief is unmixed, but joy wanteth not its alloy of bitterness. As the soundest health is less perceived than the lightest malady, so the highest joy toucheth us less deep than the smallest sorrow.
Akhenaton? (c. B.C. 1375)
- 4470 The deeper the sorrow the less tongue it hath.
The Talmud (B.C. 500?-400? A.D.)
- 4471 All created beings are unmanifest in their beginning, manifest in their interim state, and unmanifest again when they are annihilated. So what need is there for lamentation?
Bhagavad Gita (c. B.C. 400)
- 4472 Nothing dries sooner than a tear.
Cicero (B.C. 106-43)
- 4473 When sorrows come, they come not single spies,
But in battalions.
Shakespeare (1564-1616)
- 4474 Weep no more, nor sigh, nor groan,
Sorrow calls no time that's gone:
Violets plucked the sweetest rain
Makes not fresh nor grow again.
John Fletcher (1579-1625)
- 4475 Words that weep and tears that speak.
Abraham Cowley (1618-1667)
- 4476 Man alone is born crying, lives complaining, and dies disappointed.
William Temple (1628-1699)
- 4477 The storm of grief bears hard upon his youth,
And bends him like a drooping flower to earth.
Nicholas Rowe (1674-1718)
- 4478 Child of mortality, whence comest thou? Why is thy countenance sad, and why are thine eyes red with weeping?
Anna Barbauld (1743-1825)
- 4479 Who never ate his bread in sorrow,
Who never spent the darksome hours
Weeping, and watching for the morrow,-
He knows ye not, ye gloomy Powers.
Goethe (1749-1832)

- 4480 Sorrows gather around great souls as storms do around mountains; but, like them, they break the storm and purify the air of the plain beneath them.
Richter (1763-1825)
- 4481 Day-thoughts feed nightly dreams;
And sorrow tracketh wrong,
As echo follows song.
Harriet Martineau (1802-1876)
- 4482 Two aged men, that had been foes for life,
Met by a grave, and wept - and in those tears
They washed away the memory of their strife;
Then wept again the loss of all those years.
Frederick Tennyson (1807-1898)
- 4483 Tears, idle tears, I know not what they mean,
Tears from the depths of some divine despair.
Alfred Tennyson (1809-1892)
- 4484 Tell me, ye winged winds
That round my pathway roar,
Know ye not some spot
Where mortals weep no more?
Charles Mackay (1814-1889)
- 4485 When I was young, I said to Sorrow,
"Come and I will play with thee!"
He is near me now all day,
And at night returns to say,
"I will come again to-morrow,
I will come and stay with thee."
Aubrey De Vere (1814-1902)
- 4486 A feeling of sadness and longing, that is not akin to pain,
and resembles sorrow only as the mist resembles the rain.
Longfellow (1807-1882)
- 4487 Each time we love,
We turn nearer and a broader mark
To that keen archer, Sorrow, and he strikes.
Alexander Smith (1830-1867)
- 4488 Never a tear bedims the eye
That time and patience will not dry.
Bret Harte (1836-1902)