

Joy - from the Dhammapada (Buddhist scripture)

Live in joy, In love,
Even among those who hate.

Live in joy, In health,
Even among the afflicted.

Live in joy, In peace,
Even among the troubled.

Live in joy, Without possessions.
Like the shining ones.

Let go of winning and losing
And find joy.

There is no fire like passion,
No crime like hatred,
No sorrow like separation,
No sickness like hunger of the heart,
And no joy like the joy of freedom.

Health, contentment and trust
Are your greatest possessions,
And freedom your greatest joy.

Look within. Be still.
Free from fear and attachment,
Know the sweet joy of the way.

How joyful to look upon the awakened
And to keep company with the wise.
Follow then the shining ones,
The wise, the awakened, the loving,
For they know how to work and forbear.

Follow them ~ As the moon follows the path of the stars.