

Happiness

Among those who hate, happy are we to live without hatred. Among men who hate, let us live free from hatred.

Among those who suffer, happy are we to live without suffering. Among men who suffer, let us live free from suffering.

Among those who are full of greed, happy are we to live without greed. Among the greedy, let us live free from greed.

Happy indeed are we who own nothing. We shall feed upon delight like the radiant gods.

Victory engenders enmity, and one who is vanquished lives in distress. The man of peace lives in gladness, disdaining both victory and defeat.

There is no greater fire than lust, no greater misfortune than hatred. There is no greater misery than existence, no bliss greater than the Supreme Peace.

Hunger is the worst malady; existence is the worst calamity. One who has understood this realises that Nirvana is the Supreme Happiness.

Health is the greatest acquisition, contentment the greatest treasure. A faithful friend is the best companion and Nirvana the Supreme Happiness.

Having tasted the sweetness of solitude and the Supreme Peace, a man is liberated from suffering and evil, for he partakes of the sweetness of devotion to the Truth.

It is good to contemplate the Noble Ones; to live near them is an endless happiness. One could be always happy by avoiding the sight of fools.

One who frequents fools is bound to suffer long; the company of fools is as painful as that of enemies. To live in the company of the sages is to share the happiness of one who lives among his kinsmen.

Seek therefore the company of the sage who is steadfast, learned, wise, devoted and noble. Follow the example of such a good and wise being, as the moon follows the path of the stars.

One of these verses is very beautiful. We could translate it like this: “Happy is he who possesses nothing, he will partake of the delight of the radiant gods.” To possess nothing does not at all mean not to make use of anything, not to have anything at one’s disposal. “Happy is he who possesses nothing”: he is someone who has no sense of possession, who can make use of things when they come to him, knowing that they are not his, that they belong to the Supreme, and who, for the same reason, does not regret it when things leave him; he finds it quite natural that the Lord who gave him these things should take them away from him for others to enjoy. Such a man finds equal joy in the use of things as in the absence of things. When you have them at your disposal, you receive them as a gift of Grace and when they leave you, when they have been taken away from you, you live in the joy of destitution. For it is the sense of ownership that makes you cling to things, makes you their slave, otherwise one could live in constant joy and in the ceaseless movement of things that come and go and pass, that bring with them both the sense of fullness when they are there and, when they go, the delight of detachment.

Delight! Delight means to live in the Truth, to live in communion with Eternity, with the true Life, the Light that never fails.

Questions and Answers

Delight means to be free, free with the true Freedom, the Freedom of the constant, invariable union with the Divine Will.

Gods are those that are immortal, who are not bound to the vicissitudes of material life in all its narrowness, pettiness, unreality and falsehood.

Gods are those who are turned to the Light, who live in the Power and the Knowledge; that is what the Buddha means, he does not mean the gods of religion. They are beings who have the divine nature, who may live in human bodies, but free from ignorance and falsehood.

When you no longer possess anything, you can become as vast as the universe.

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