

# *True Happiness*



*“If we are not happy and joyous at this season,  
for what other season shall we wait and  
for what other time shall we look?”*

Soul Food Readings  
February 4<sup>th</sup>, 2007  
Music by Sarah Afshar

O God! Refresh & gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my guide & my refuge. I will no longer be sorrowful & grieved; I will be a happy & joyful being.

O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.

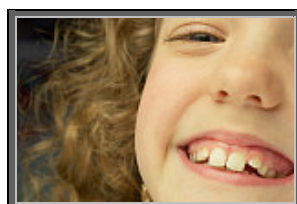
Abd'u'l-Baha

Happiness consisteth of 2 kinds: Physical & Spiritual

The physical happiness is limited; its utmost duration is one day, one month, one year. It hath no result.

Spiritual happiness is eternal & unfathomable. This kind of happiness appeareth in one's soul with the love of God & suffereth one to attain to the virtues & perfection of the world of humanity. Therefore, endeavour as much as thou art able in order to illumine the lamp of thy heart by the light of love.

Baha'i Writings



As to material happiness, it never exists; nay it is but imagination, an image reflected in mirrors, as spectre & shadow. Consider the nature of material happiness. It is something which but slightly removes one's afflictions; yet the people imagine it to be joy, delight, exaltation & blessing.

All the material blessings, including food, drink, etc, tend only to allay thirst, hunger & fatigue. They bestow no delight on the mind nor pleasure on the soul; nay they furnish only the bodily wants. So this kind of happiness has no real existence.

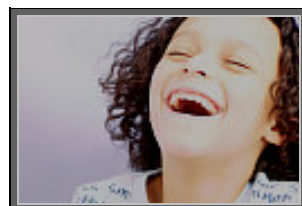
Baha'i Writings

Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

Franklin D. Roosevelt

That man is richest whose pleasures are cheapest.

Henry David Thoreau



As to spiritual happiness, this is the true basis of the life of man because life is created for happiness, not for sorrow; for pleasure, not for grief.

Happiness is life; sorrow is death.  
Spiritual happiness is life eternal.

This is a light which is not followed by darkness. This is an honor which is not followed by shame.

This is a life that is not followed by death.  
This is an existence that is not followed by annihilation.

This great blessing & precious gift is  
obtained by & only through  
the guidance of God.

Baha'i Writings



Spiritual happiness is light, while sorrow is darkness. This happiness is glad-tidings, while sorrow is disappointment. This happiness is the Kingdom, while sorrow is the earthly world. This happiness is life, while sorrow is non-existence.

This happiness is the fundamental basis from which man is created, worlds are originated, the contingent beings have existence & the world of God appears like unto the appearance of the sun at mid day.

This happiness is but the love of God.

Baha'i Writings

There are as many nights as days, & the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness & the word 'happy' would lose its meaning if it were not balanced by sadness.

Carl Jung

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.

Albert Camus

The happiest moments of my life have been the few which I have passed at home in the bosom of my family.

Thomas Jefferson

People spend a lifetime searching for happiness; looking for peace. They chase idle dreams; addictions... even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.

Ramona L. Anderson

Your utmost desire must be to confer happiness upon each other. Each one must be the servant of the others, thoughtful of their comfort & welfare.

In the path of God one must forget himself entirely. He must not consider his own pleasure but seek the pleasure of others.

He must not desire glory not gifts of bounty for him self but seek these gifts & blessings for his brothers & sisters.

Baha'i Writings

When we feel love & kindness toward others, it not only makes others feel loved & cared for, but it helps us also to develop inner happiness & peace.

HH The Dalai Lama

Joy gives us wings! In times of joy our strength is more vital, our intellect keener, & our understanding less clouded.

Baha'i Writings

One who is imprisoned by desires is always unhappy; the children of the Kingdom have unchained themselves from their desires.

Break all fetters & seek for spiritual joy & enlightenment; then, though you walk on this earth, you will perceive your selves to be within the divine horizon.

Baha'i Writings

I want you to be happy... to laugh, smile & rejoice in order that others maybe made happy by you.

Baha'i Writings

Be thou happy & well-pleased & arise to offer thanks to God, in order that thanksgiving may conduce to the increase of bounty.

Baha'i Writings

If we are not happy & joyous at this season, for what other season shall we wait & for what other time shall we look?

Baha'i Writings

Be happy & joyous because the bestowals of God are intended for you & the life of the Holy Spirit is breathing upon you.

Baha'i Writings

Be calm, be strong, be grateful, & become a lamp full of light, that the darkness of sorrows be annihilated, & the sun of ever lasting joy arise from the dawning place of heart & soul, shining brightly.

Baha'i Writings

There is only one happiness in life, to love & be loved.

George Sand



Next Soul Food – Sunday March 4<sup>th</sup>  
11.00-11.45am  
Theatrette of the Art Gallery of Western Australia  
Perth Cultural Centre, James Street, Northbridge

ALL WELCOME