



There is no way to happiness. Happiness is the way.

First remember, what cannot be achieved through happiness cannot be achieved through unhappiness. So, let everything come and go; let happiness go on. Happiness is in accepting what 'is' as 'is' with gratitude; loving it; cherishing it; celebrating it; and living out of it. It is in the recognition that I could not have asked for more than what has already been given. It is that transformation that He knows what is best for me and what is best for me has already been given to me. It is the realisation that the best of everything that I have in my life has been given to me without me ever having to ask for it. It is that thankfulness that He made me as me and not as anyone else. Happiness is about knowing that the life that is flowing through me is the greatest benediction and everything else that I might add or lose in this lifetime are mere details. It is about being intoxicated with every moment of life and the heart expressing it with tears of gratitude. Above all, it is in knowing that there is no way to happiness. Happiness is the way. A happy heart radiates those positive vibrations that have the power to bring even divinity to your doorstep. - **Voice of Love**

Listen to the Exhortation of the Dawn!
Look to this Day!
For it is Life, the very Life of Life.
In its brief course lie all the
Verities and Realities of your Existence.
The Bliss of Growth,
The Glory of Action,
The Splendour of Beauty;
For Yesterday is but a Dream,
And To-morrow is only a Vision;
But To-day well lived makes
Every Yesterday a Dream of Happiness,
And every Tomorrow a Vision of Hope.
Look well therefore to this Day!
Such is the Salutation of the Dawn!
- **Kalidasa**

Consider the following. We humans are social beings. We came into the world as a result of others' actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our life when we do not benefit from others' activities. For this reason, it is hardly surprising that most of our happiness arises in the context of our relationships with others. - **HH the Dalai Lama**

It is easy enough to be pleasant,
When life flows along like a song;
But the man worthwhile is the one who will smile
When everything goes dead wrong.
- **Ella Wheeler Wilcox**

When one door of happiness closes, another opens; but, often we look so long at the closed door that we do not see the one which has been opened for us. Many people have a wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through fidelity to a worthy purpose. - **Helen Keller**

Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.
- **Robert Green Ingersoll**

There is a wonderful mythical law of nature that the three things we crave most in life - happiness, freedom, and peace of mind - are always attained by giving them to someone else. - **Peyton Conway March**

Happiness is not a brilliant climax to years of grim struggle and anxiety. It is a long succession of little decisions simply to be happy in the moment. - **J Donald Walters**

That is happiness; to be dissolved into something completely great. - **Willa Cather**

The grand essentials of happiness are, something to do, someone to love, and something to hope for. - **Allan K. Chalmers**

Happiness is when what you think, what you say, and what you do are in harmony. - **Mahatma Gandhi**

Happiness is nothing more than good health and a bad memory. - **Albert Schweitzer**

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day. - **W Beran Wolfe**

Happiness comes when your work and words are of benefit to yourself and others. - **Buddha**

I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them. - **John Stuart Mill**

