

Happiness vs. Joy

We can't always
be happy,
but we should never be
without joy.

Joy is the
enduring sun;
happiness hinges on
removing the clouds.

Joy is found
at the depths
of the ocean;
happiness comes
when the surface
is calm.

Adversity does not
make us happy;
but it should not
diminish our joy.

For,
joy arises from
a life of commitment,
whereas
happiness requires
the satisfaction
of desires.

Happiness is transient
and somewhat illusory;
joy is abiding
and closer to reality.

People who pursue
happiness
are often disappointed;
those who cultivate
joy
are always contented.

You achieve happiness,
but receive joy.

Joy springs from
who you are;
happiness depends on
what you have.

Some can never
be happy,
because they are
not joyful;
while the joyful
really don't care
whether or not
they are happy.

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