



Growth
itself
contains
the germ
of
happiness.

Some think of it as a goal of life and others as a decision in life. Most of us think of it as icing on the cake of living. We are grateful when it is present and we grieve when it is absent. Throughout our lives, we will re-define what stirs it within us, over and over again.

Happiness is a diverse and delightful gift.

Happiness can burst like fireworks. Happiness can surprise us with its arrival and its exuberance. Not needing to build up steam, happiness can instantly erupt at the sight of kindness, the smell of sweets, the spontaneous embrace of a mother. This kind of happiness sparkles and crinkles as we are taken over by a belly laugh or an uncontrollable grin. It's a form we can't plan for. This joy brings awe.

Happiness can simmer like embers. Happiness can live within us like hot coals waiting to be stirred into action. This happiness glows deep - a satisfaction able to ignite into optimism or mirth. It flames quickly at the play of a puppy, the majesty of a vista, or the intrigue of a story. This happiness is calmer but no less appreciated. It's a form we can't extinguish because it is kept alive by a source greater than us. This joy sustains hope.

Happiness can linger like the warmth of the sun. Happiness can abide as a sense of contentment and pleasure. This happiness is a reminder of the presence of goodness within us and love around us. We can cultivate this form of happiness simply by imagining new places to look for it. This joy restores strength.

Happiness in all its forms can fill us, can heal us, and can draw us closer to one another.

What kinds of situations stir my happiness? Where might I find new places to look for happiness?

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