

Happiness in the Dhammapada

There is no happiness higher than peace.
Nirvana is the foremost happiness.
(Dhammapada 202 and 203)

<p>The mind, hard to control, Flighty – alighting where it wishes – One does well to tame, The disciplined mind brings happiness. 35</p>	<p>Ah, so happily we live, Without hate among those with hate. Ah, so happily we live, Without misery among those in misery. Ah, so happily we live, Without ambition among those with ambition. Ah, so happily we live, We who have no attachments. We shall feast on joy As the Radiant Gods.</p>
<p>The mind, hard to control, Flighty – alighting where it wishes – One does well to tame, The watched mind brings happiness. 36</p>	<p>197-200</p>
<p>A deed is good That one doesn't regret having done, That results in joy And delight. 68</p>	<p>Always wide awake Are the disciples of Gotama Whose minds constantly, day and night Delight in harmlessness. 300</p>
<p>One who drinks in the Dharma Sleeps happily with a clear mind. The sage always delights in the Dharma Taught by the noble ones. 79</p>	<p>Always wide awake Are the disciple so Gotama Whose minds constantly, day and night, Delight in spiritual practice. 301</p>
<p>Rouse yourself! Don't be negligent! Live the Dharma, a life of good conduct. One who lives the Dharma is happy In this world and the next. 168</p>	<p>A monk filled with delight And pleased with the Buddha's teachings Attains happiness, the stilling of formations, The state of peace. 381</p>
<p>Tasting the flavor Of solitude and peace One becomes free of distress and evil, Drinking the flavor of Dharma joy. 205</p>	<p>Don't give yourself to negligence, Don't devote yourself to sensual pleasure. Vigilant and absorbed in meditation One attains abundant happiness. 27</p>