Happiness in the Dhammapada

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

The mind, hard to control,
Flighty – alighting where it wishes –
One does well to tame,
The disciplined mind brings happiness.

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.

A deed is good
That one doesn’t regret having done,
That results in joy
And delight.

Always wide awake
Are the disciples of Gotama
Whose minds constantly, day and night
Delight in harmlessness.

One who drinks in the Dharma
Sleeps happily with a clear mind.
The sage always delights in the Dharma
Taught by the noble ones.

Always wide awake
Are the disciple so Gotama
Whose minds constantly, day and night,
Delight in spiritual practice.

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.

A monk filled with delight
And pleased with the Buddha’s teachings
Attains happiness, the stilling of formations,
The state of peace.

Tasting the flavor
Of solitude and peace
One becomes free of distress and evil,
Drinking the flavor of Dhamma joy.

Don’t give yourself to negligence,
Don’t devote yourself to sensual pleasure.
Vigilant and absorbed in meditation
One attains abundant happiness.