

## December – Joy

December 1. Don't cry because it's over, smile because it happened.

Dr. Seuss

December 2. The most wasted of all days is one without laughter.

E. E. Cummings

December 3. When you do things from your soul, you feel a river moving in you, a joy.

Rumi

December 4. Sometimes your joy is the source of your smile, but sometimes your smile is the source of your joy.

Thich Nhat Hanh

December 5. To get the full value of joy you must have someone to divide it with.

Mark Twain

December 6. Joy and sorrow are inseparable .. together they come and when one sits alone with you .. remember that the other is asleep upon your bed.

Kahlil Gibran

December 7. Joy is what happens when we allow ourselves to recognize how good things really are.

Marianne Williamson

December 8. Walk as if you are kissing the Earth with your feet.

Thich Nhat Hanh

December 9. One can never consent to creep when one feels an impulse to soar.

Helen Keller

December 10. Music will help you dissolve your perplexities and purify your character and sensibilities, and in time of care and sorrow, will keep a fountain of joy alive in you.

Dietrich Bonhoeffer

December 11. Being Irish, he had an abiding sense of tragedy, which sustained him through temporary periods of joy.

W. B. Yeats

December 12. Beauty is whatever gives joy. Edna St. Vincent Millay

December 13. Scatter joy. Ralph Waldo Emerson

December 14. Experiencing deep sadness can, sometimes, heighten your ability to feel joy. Markéta Irglová

December 15. Joy does not simply happen to us. We have to choose joy and keep choosing it every day. Henri J. M. Nouwen

December 16. A joyful heart is the normal result of a heart burning with love. She gives most who gives with joy. Mother Teresa

December 17. The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures. It is the same life that shoots in joy through the dust of the earth in numberless blades of grass and breaks into tumultuous waves of leaves and flowers. Rabindranath Tagore

December 18. Let joy be unconfined. George Gordon Byron

December 19. Know that joy is rarer, more difficult, and more beautiful than sadness. Once you make this all-important discovery, you must embrace joy as a moral obligation. André Gide

December 20. It is only when the mind is free from the old that it meets everything anew, and in that there is joy. Jiddu Krishnamurti

December 21. An infinite question is often destroyed by finite answers. To define everything is to annihilate much that gives us laughter and joy. Madeleine L'Engle

December 22. You've got to S-M-I-L-E to be H-A-Double-P-Y Shirley Temple Black

December 23. There are souls in this world who have the gift of finding joy everywhere, and leaving it behind them when they go. Frederick William Faber

December 24. Peace is joy at rest, and joy is peace on its feet. Anne Lamott

December 25. Joy to the world and on earth peace and goodwill to men.

December 26. Let us dance in the sun, wearing wild flowers in our hair.  
Susan Polis Schutz

December 27. When we lay the soil of our hard lives open to the rain of grace and let joy penetrate our cracked and dry places, let joy soak into our broken skin and deep crevices, life grows. How can this not be the best thing for the world? For us?  
Ann Voskamp

December 28. Now may every living thing, young or old, weak or strong, living near or far, known or unknown, living or departed or yet unborn, may every living thing be full of bliss.

Anonymous, The Dhammapada

December 29. The root of joy is gratefulness...it is not joy that makes us grateful; it is gratitude that makes us joyful. David Steindl-Rast

December 30. Joy blooms where minds and hearts are open.  
Jonathan Lockwood Huie

December 31. I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.  
Rabindranath Tagore