

## Happiness comes to us when our hearts sense it

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Our desires are probably insatiable. Human minds are filled with greed—greed knows no bounds.

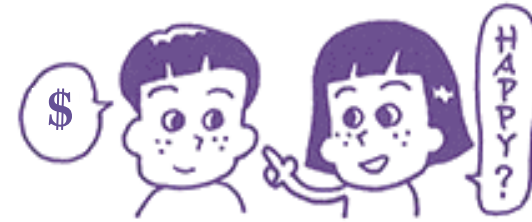
People tend to think that happiness comes from things like material possessions or money, societal rankings or prestige, but these things may not be prerequisites to happiness. Instead, try to live in the moment and take joy in simple things in life: finding a blooming flower on the roadside and eating and sleeping well every day. Moments like these can bring tremendous joy. So why not find joy in these little moments and say, “Wow, things are looking up?”

It all starts with being grateful for the things that you have. If you can do that, then happy moments will naturally occur one after another.

Tenrikyo, the Teachings for the Joyous Life

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We are also taught in the Ofudesaki: “The thought that all is well if the present is well for the self alone, is entirely mistaken.”

You might be happy if you live life according to your desires, but that is “a selfish type of joy” if it comes at others’ expense. It is not a sustainable path of life that we can all travel on. We are in the middle of a new age of technological advancement, and we are experiencing an abundance of things. But at what cost? If the prosperity continues at the expense of impoverished countries or our future offspring, then this way of living should not be pursued. While practicing self-control and thinking in terms of the bigger picture, why don’t we try to find a sustainable and joyous way of living that can continue on to our future generations.



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