

Epigraphs to Joyful Wisdom

Randy Lee Cutler

1. I imagine that some of my wild elder heartsibs had been throwing me about, and that my mother comforted me with a bit of festival cake. Later on when I was a wild elder sib we used to play catch with babies for balls; they always screamed, with terror or with delight or with both. It's the nearest to flying anyone of my generation knew. We had dozens of different words for the way snow falls, descends, glides, blows, for the way clouds move, the way ice floats, the way boats sail; but not that word. Not yet. And so I don't remember "flying." I remember falling upward through the golden light. Ursula Le Guin
2. Joy is a marvelous increasing of what exists, a pure addition out of nothingness. Rainer Maria Rilke
3. We are shaped by our thoughts; we become what we think.
When the mind is pure, joy follows like a shadow that never leaves. Buddha
4. Dance, oh! dance on all the edges,
Wave-crests, cliffs and mountain ledges,
Ever finding dances new!
Let our knowledge be our gladness,
Let our art be sport and madness,
All that's joyful shall be true! Nietzsche
5. This is not a season
But a pause
Between one future & another
A day after day,
A breathing space before death,
A breathing, the rain
Throwing itself down out of the
Bluegrey sky, clear joy. Margaret Atwood
6. The key to understanding the assimilation of energy into our physical structure is through the awareness of our bodies as a series of synchronous, interacting, crystal structures. The human body on this level is a linkage of oscillating solid and liquid crystals that form an overall energy pattern for the total body. Each organ, gland, nerve system, cell, and protein structure, even the tissue salts in the body, shows a level of organization with some degree of crystalline-like function. Gabriel Cousens
7. Thence we came forth to behold the stars. Dante Alighieri
8. Scatter joy! Ralph Waldo Emerson
9. The present moment is filled with joy and happiness. If you are attentive, you will see it. Thich Nhat Hanh
10. The sweetest joy, the wildest woe is love. Pearl Bailey
11. Love the animals: God has given them the rudiments of thought and joy untroubled. Fyodor Dostoyevsky
12. 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. Andre Gide