



## *Joy*

**The great teachings unanimously emphasize that all the peace, wisdom, and joy in the universe are already within us; we don't have to gain, develop, or attain them. We're like a child standing in a beautiful park with his eyes shut tight. We don't need to imagine trees, flowers, deer, birds, and sky; we merely need to open our eyes and realize what is already here, who we really are -- as soon as we quit pretending we're small or unholy.**

## *Truth Endures*