

JOY 喜悦



Joy is a feeling of subtle and refined happiness. In Buddhist psychology, joy is seen as the result of virtuous living, a sign of successful meditation and as an indication of growing spiritual maturity. Many different types of joy are identified in Buddhism. Sympathetic joy, is the ability to be able to rejoice in the success and happiness of others. Buddha experienced exaltation, jubilation and elation. One can feel the calm joy while contemplating a statue of the Buddha. In the Buddhism, joy is categorized according to its intensity and the effect it can have on the body. Thus, there is minor joy, momentary joy, showering joy, uplifting joy and pervading joy. Joy is an important part of leading to enlightenment.

There are three types of Joy; 1) Spiritual Joy 2) Mindful Joy and 3) Physical Joy. The purpose of joy is intended to reduce or eliminate our human sufferings. The person who has a joyful life has a certain degree of happiness, tranquility, calmness, and gratitude. Such a person is not only happy and more emotionally grounded, but also seems to be physically,

mentally, and spiritually healthier and to experience less illness. A miracle of joyful life will reduce or eliminate our human sufferings.

Spiritual Joy will be generated by touching the Holy Spirit;

1) Love 2) Peace 3) Goodness 4) Faith

Mindful Joy will be generated by touching our heart;

1) Positive Feeling 2) Positive Thinking 3) Positive Doing 4) Positive Dreaming

Physical Joy will be generated by touching our strength of body;

1) Touch the miracle of Earth 地—Diet, Housing, Materials etc.

2) Touch the miracle of Water 水 – Drink, Clean, Blood etc.

3) Touch the miracle of Fire –火 Sun, Energy, Exercise etc.

4) Touch the miracle of Wind –風 Air, Breathe, Wind, Move etc.