

Ho! Mesmerized by the sheer variety of perceptions, which are like the illusory reflections of the moon in water,  
Beings wander endlessly astray in samsara's vicious cycle.  
In order that they may find comfort and ease in the luminosity and all-pervading space of the true nature of their minds,  
I generate the immeasurable love, compassion, joy and equanimity of the awakened mind, the heart of Bodhicitta

Jikmé Lingpa – 18<sup>th</sup> Cent

To practice joyfulness is to be constantly observant of everything that is good, and nice, and correct, and accomplished in others. Then associate your happiness, not with your own accomplishments, but with theirs—particularly those accomplishments that have nothing to do with you. If you find two people greatly in love, be very happy for them. If you meet someone who's very learned, be happy for that learnedness. If somebody is beautiful, be happy for that beauty. If someone meditates better than you or seems to be a better human being, be happy for that person.

Khandro Rinpoche