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The garden of joy

"In the state of joy, he has found truth.

Now he is steady, unmoved

by pain or great difficulty."

Bhagavad Gita (400-300 BCE)

"The key element in happiness

is seen to be the absence of desire"

David Jennings

Laughing at the sky

without any questions of why

Drinking from the joy of silence

Being the knowing that

is

neither coming nor going

Already fulfilled

Free as the wind

Deep as the ocean

Alive as the crackling fire

In the absense of desire

A garden of ease

is

simply

blooming in peace

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