

# Of Joy and Sorrow

Then a woman said, "Speak to us of Joy and Sorrow."  
And he answered:

Your joy is your sorrow unmasked.

And the selfsame well from which your laughter rises was oftentimes filled with  
your

And how else can it be?

The deeper that sorrow carves into your being, the more joy you can contain.  
Is not the cup that holds your wine the very cup that was burned in the potter's  
oven?

And is not the lute that soothes your spirit, the very wood that was hollowed  
with  
knives?

When you are joyous, look deep into your heart and you shall find it is only that  
which

has given you sorrow that is giving you joy.

When you are sorrowful look again in your heart, and you shall see that in truth  
you

are weeping for that which has been your delight.

Some of you say, "Joy is greater than sorrow," and others say, "Nay,  
sorrow is the

greater." But I say unto you, they are inseparable.

Together they come, and when one sits alone with you at your board, remember  
that

the other is asleep upon your bed.

Verily you are suspended like scales between your sorrow and your joy.

Only when you are empty are you at standstill and balanced.

When the treasure-keeper lifts you to weigh his gold and his silver, needs must  
your

joy or your sorrow rise or fall.

by Kahlil Gibran