



From Surprising to Miraculous:

Rediscovering the Miracles Of Everyday Life



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I. THE IMPORTANCE OF STAYING HAPPY ALL THE TIME

From the **Yoga Sutra**, by Master Patanjali (ca. 200 A.D.):

स्थिरसुखम् आसनम् ॥

sthirasukham āsanam

Take the perspective of unshakeable happiness. (2.46)

From the **Ashtavakra Gita**, “The Song by Sage with the Eight Crooked Limbs”
(date unknown):

सुखमास्ते सुखं शेते सुखमायाति याति च ।

सुखं वक्ति सुखं भुङ्क्ते व्यवहारेऽपि शान्तधीः ॥

sukhamāste sukhaṁ śete sukhamāyāti yāti ca ।
sukhaṁ vakti sukhaṁ bhuṅkte vyavahāre'pi śāntadhīḥ ॥

One whose mind is completely at peace stays happy in his everyday life. He sleeps happily, he comes and goes happily, he speaks happily, and he eats happily. (18.59)

From the **Guide to the Bodhisattva's Way of Life**, by Master Shantideva (ca. 700 A.D.):

अत्यनिष्टागमेनापि न क्षोभ्या मुदिता मया ।
दौर्मनस्येन नास्तीष्टं कुशलं त्ववहीयते ॥६.९॥
atyaniṣṭāgamenāpi na kṣebhyā muditā mayā |
daurmansyena nāstīṣṭaṁ kuśalaṁ tvavahīyate ||

No matter what happens
I will never allow
My joy to be disturbed.
Feeling upset cannot accomplish
My hopes, and only makes me lose
The goodness that I have. (6.9)

II. KNOWING WHAT WE CAN CHANGE AND WHAT WE CAN'T

From the **Yoga Sutra**:

हेयं दुःखम् अनागतम् ॥
heyam duḥkham anāgatam ||

The pain that we are ridding ourselves of is all the pain that would have come to us in the future. (2.16)

From the **Bhagavad Gita**, by Lord Krishna (ca. 200 B.C.):

यं संन्यासमिति प्राहुर्योगं तं विद्धि पाण्डव ।
न ह्यसंन्यस्तसङ्कल्पो योगी भवति कश्चन ॥
yaṁ sannyaśamiti prāhuryogaṁ taṁ viddhi pāṇḍava |
na hyasannyastasaṅkalpo yogī bhavati kaścana ||

You should know, Arjuna, that yoga is what they call renunciation. No one becomes a master practitioner who has not renounced expectation of immediate selfish advantage (6.2)

III. WORK HARD AND RELAX

From the Guide to the Bodhisattva's Way of Life:

यद्यस्त्येव प्रतीकारो दौर्मनस्येन तत्र किम् ।
अथ नास्ति प्रतीकारो दौर्मनस्येन तत्र किम् ॥६.१० ॥
yadyastyeva pratikāro daurmanasyena tatra kim |
atha nāsti pratikāro daurmanasyena tatra kim ||

If there is something
You can do about it,
Why should you feel upset?
If there is nothing
You can do about it,
What use is being upset? (6.10)

From the Ashtavakra Gita:

कर्तव्यतैव संसारो न तां पश्यन्ति सूरयः ।
शून्याकारा निराकारा निर्विकारा निरामयाः ॥
kartavyataiva saṁsāro na tāṁ paśyanti sūrayaḥ |
śūnyākārā nirākārā nirvikārā nirāmayāḥ ||

Samsara is nothing other than having something that needs to be done. The sages do not see that. They conform to emptiness and are formless, unchangeable, and taintless. (18.57)

From the **Root Verses of the Middle Way**, by Arya Nagarjuna (ca. 200 A.D.):

न संसारस्य निर्वाणात्किं चिदस्ति विशेषणं ।

न निर्वाणस्य संसारात्किं चिदस्ति विशेषणं ॥

na saṃsārasya nirvāṇātkiṃ cidasti viśeṣaṇaṃ ।
na nirvāṇasya saṃsārātkiṃ cidasti viśeṣaṇaṃ ॥

There is nothing whatsoever that distinguishes samsara from nirvana or
nirvana from samsara. (25.19)

IV. THE TRUE SOURCE OF ALL HAPPINESS

From the **Guide to the Bodhisattva's Way of Life**:

ये केचिद् दुःखिता लोके सर्वे ते स्वसुखेच्छया ।

ये केचित् सुखिता लोके सर्वे तेऽन्यसुखेच्छया ॥

ye kecid dukkhitā loke sarve te svasukhecchayā ।
ye kecit sukhitā loke sarve te'nyasukheccayā ॥

The total amount of happiness
That exists in the world has come from
Wanting to make others happy.
The total amount of suffering
That exists in the world has come from
Wanting to make yourself happy. (8.129)