

Quotes on Happiness

Happiness and the presence of miracles are common themes throughout Thích Nhất Hạnh's writings. Here are some of his most uplifting quotes to give you a boost of optimism.

33. "The most basic condition for happiness is freedom. Here we do not mean political freedom, but freedom from the mental formations of anger, despair, jealousy, and delusion... As long as these poisons are still in our heart, happiness cannot be possible." — Thích Nhất Hạnh, *Anger: Buddhist Wisdom for Cooling the Flames*

34. "If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace." — Thích Nhất Hạnh, *Being Peace*

35. "You have to realize that happiness is not something you find at the end of the road. You have to understand that it is here, now." — Thích Nhất Hạnh, *You Are Here: Discovering the Magic of the Present Moment*

36. "Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything—anger, anxiety, or possession—we cannot be free." — Thích Nhất Hạnh, *The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation*

37. "To breathe and know you are alive is wonderful. Because you are alive, everything is possible." — Thích Nhất Hạnh, *Living Buddha, Living Christ*

38. "Happiness is a function of compassion. If you do not have compassion in your heart, you do not have any happiness." — Thích Nhất Hạnh, *You Are Here: Discovering the Magic of the Present Moment*

39. “If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work.”
— Thích Nhất Hạnh, *Being Peace*

40. “Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child—our own two eyes. All is a miracle.” — Thích Nhất Hạnh, *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*