

Joy and Sorrow

Kahlil Gibran, The Prophet

Your joy is your sorrow unmasked
And the selfsame well from which your laughter rises
was oftentimes filled with your tears.

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 you 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.