Morning Assembly 16/10 (Theme: Joy)

Good morning, Principal, teachers and fellow schoolmates.

Have you ever thought of the meaning of ‘joy’? Here is a story for your reference.

One night a man was crawling around on his hands and knees to look for something underneath a lamppost. When his friends saw him, they asked him what he was looking for, and he told them that he had lost the key to his house. So they all got down to help him look, but without any success. Finally, one of them asked him where exactly he had lost the key, and he replied, “In the house.”

“Then why,” his friends asked, “are you looking underneath the lamppost?”

The man replied, “Because there’s more light here.”

We are not very different from this man. We are doing the same thing all the time – always seeking fulfillment in sense of pleasure because that seems the obvious place to look, believing it to be the place where joy is to be found. But is it?

Here is a verse contained at the “Diamond Sutra” that tells us the true meaning of joy:

See all of this world
As a star at dawn, a bubble in a stream
A flash of lightning in a summer cloud,
A flickering lamp, a phantom and a dream

How many times have we experienced beautiful sights and sounds, delicious tastes, wonderful sensations, exciting thoughts, rapturous feelings and yet our wanting mind is not appeased? We look for more in quantity, more in variety, and how many times do we feel we have truly found joy spiritually? The problem is that even if pleasant feelings do come, they do not last, and we go round and round, looking for permanent satisfaction in phenomena that in their very nature are impermanent.

It can be easy to find joy. Why don’t we simply pause and look around us? Joy is actually around us.

Thank you.