

## Happiness

### Urantia Book

*UB 149:5.2 (p.1674)* “Simon, some persons are naturally more **happy** than others. Much, very much, depends upon the willingness of man to be led and directed by the Father’s spirit which lives within him. ‘A little that a righteous man has is better than the riches of many wicked,’ for ‘a good man shall be satisfied from within himself.’ ‘A **merry heart** makes a cheerful countenance and is a continual feast.’”

*UB 111:4.7 (p.1220)* **Happiness and joy** take origin in the inner life. You cannot experience real joy all by yourself. A solitary life is fatal to happiness. Even families and nations will enjoy life more if they share it with

at the same time enjoying some measure of self-gratification, the sum of all three constituting **human happiness**.

*UB 83:6.8 (p.928)* Pair marriage favors and fosters that intimate understanding and effective co-operation which is best for **parental happiness**, child welfare, and social efficiency.

*UB 79:8.16-17 (p.888)* ... family loyalty, group ethics, or personal morality. ... This ancient culture has contributed much to **human happiness**; millions of human beings have lived and died, blessed by its achievements.

*UB 177:2.4 (p.1922)* “Your whole af-

*UB 3:5.14 (p.51)* 9. Is pleasure — the satisfaction of **happiness** — desirable? Then must man live in a world where the alternative of pain and the likelihood of suffering are ever-present experiential possibilities.

*UB 140:4.6 (p.1572)* The **happy and effective person** is motivated, not by fear of wrongdoing, but by love of right doing.

*UB 140:3.3 (p.1570)* **Happy** are the poor in spirit, the humble, for theirs are the treasures of the kingdom of heaven.

**Happy** are they who hunger and thirst for righteousness, for they shall be filled. **Happy** are the meek, for they shall in-

ascend.

*UB 131:2.9 (p.1445)* “The Lord is near all who call upon him in sincerity and in truth. Weeping may endure for a night, but joy comes in the morning. A **merry heart** does good like a medicine.”

*UB 131:10.6 (p.1454)* “By faith in God I have attained peace with him. This new religion of ours is very full of joy, and it generates an **enduring happiness**.”

*UB 159:3.10 (p.1766)* **Increasing happiness** is always the experience of all who are certain about God.

*UB 159:3.12 (p.1766)* When my children once become self-conscious of the

assurance of the divine presence, such a faith will expand the mind, ennoble the soul, reinforce the personality, augment the **happiness**, deepen the spirit perception, and enhance the power to love and be loved.

*UB 140:5.7 (p.1573)* They find the kingdom of heaven within their own hearts, and they experience such **happiness now**.

*UB 143:5.11 (p.1614)* The world should be more concerned with his **happy** and God-revealing [Jesus] life than with his tragic and sorrowful death.

*UB 194:3.3 (p.2063)* The religion of Jesus provides the **joy and peace** of

herit the earth.

**Happy** are the pure in heart, for they shall see God.

**Happy** are they who mourn, for they shall be comforted. **Happy** are they who weep, for they shall receive the spirit of rejoicing.

**Happy** are the merciful, for they shall obtain mercy.

**Happy** are the peacemakers, for they shall be called the sons of God.

**Happy** are they who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

*UB 140:5.6 (p.1573)* The faith and the love of these beatitudes strengthen moral character and **create happiness**.

another and spiritual existence to enhance and ennoble the life which men now live in the flesh.

*UB 136:0.1 (p.1509)* John was an eager and earnest worker, but Jesus was a **calm and happy** laborer

*UB 171:7.9 (p.1875)* [Jesus] He dispensed health and scattered **happiness** naturally and gracefully as he journeyed through life. It was literally true, "He went about doing good."

*UB 70:9.17 (p.794)* It is the business and duty of society to provide the child of nature with a fair and peaceful opportunity to pursue self-maintenance, participate in self-perpetuation, while

11

*UB 140:5.16 (p.1575)* Being sensitive and responsive to human need creates **genuine and lasting happiness**, while such kindly attitudes safeguard the soul from the destructive influences of anger, hate, and suspicion.

*UB 131:3.3 (p.1446)* "**Happiness and peace** of mind follow pure thinking and virtuous living as the shadow follows the substance of material things."

*UB 131:3.6 (p.1447)* "The tamed mind yields **happiness**. He is the greatest of warriors who overcomes and subdues himself."

*LU 133:7.12 (p.1480)* The **supremely happy** and efficiently unified mind is

7

others.

*UB 94:8.17 (p.1037)* ... the fact that the **highest happiness** is linked with the intelligent and enthusiastic pursuit of worthy goals, and that such achievements constitute true progress in cosmic self-realization.

*UB 48:7.10 (p.556)* Effort does not always produce joy, but there is no **happiness** without intelligent effort.

*UB 2:7.6 (p.42)* **Happiness** ensues from the recognition of truth because it can be acted out; it can be lived. Disappointment and sorrow attend upon error because, not being a reality, it cannot be realized in experience.

4

the one wholly dedicated to the doing of the will of the Father in heaven.

*UB 101:2.8 (p.1106)* Science yields knowledge; **religion yields happiness**; philosophy yields unity; revelation confirms the experiential harmony of this triune approach to universal reality.

*UB 91:6.3 (p.999)* ... never forget that the sincere prayer of faith is a mighty force for the promotion of **personal happiness**, individual self-control, social harmony, moral progress, and spiritual attainment.

*UB 89:10.6 (p.985)* And all the loyal sons of God are **happy**, service-loving, and ever-progressive in the Paradise

8

*UB 100:4.3 (p.1097)*<sup>1</sup> But the great problem of religious living consists in the task of unifying the soul powers of the personality by the dominance of LOVE. Health, mental efficiency, and **happiness** arise from the unification of physical systems, mind systems, and spirit systems. Of health and sanity man understands much, but of **happiness** he has truly realized very little. The **highest happiness** is indissolubly linked with spiritual progress. Spiritual growth yields lasting joy, peace which passes all understanding.

*UB 2:7.11 (p.43)* Health, sanity, and

---

<sup>1</sup>Urantia Book, Paper 100, Item 4, paragraph 3, page 23.

1

terlife will be more **happy and dependable** because you spent your first eight years in a normal and well-regulated home."

*UB 81:6.18 (p.908)* A universal language promotes peace, insures culture, and **augments happiness**.

**happiness** are integrations of truth, beauty, and goodness as they are blended in human experience. Such levels of efficient living come about through the unification of energy systems, idea systems, and spirit systems.

*UB 103:5.5 (p.1134)* **Human happiness** is achieved only when the ego desire of the self and the altruistic urge of the higher self (divine spirit) are coordinated and reconciled by the unified will of the integrating and supervising personality.

*UB 103:2.7 (p.1131)* ... the altruistic impulse as leading to the goal of **human happiness** and to the joys of the kingdom of heaven.

2

13