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What is the relationship between joy and delight and how can we cultivate joy and delight in challenging times? I think those things that delight us may often connect us to joy. But for me joy has more of a sense of rapture, bliss, ecstasy, and transcendence than delight. In my 2019 post Revisiting Joy I described joy as a momentary glimpse of absolute belonging within the flow of all that is, a moment of total connectedness and as existing only in the 'now'. Saint Thomas Aquinas describes joys as 'delights of the soul' – yes, this sums up the distinction beautifully. In challenging times, I believe it becomes more important than ever to nurture and tap into joy as an underpinning of resilience and hope. I have worked consciously for more than a decade to cultivate the capacity for joy. So part of my ability to remain open to joy is simply 'practice'. A key element of that practice is regularly and consciously opening out my senses into the now. Over time, this has become a normal way of being. This brings with it a constant stream of small joys that feed my soul and connect me to all that is. That sense of connection is fundamental to my understanding of joy. Cultivating our capacity to experience joy is also a process of honing our ability to connect, as well as to contain and to accept every shading of existence. This encompasses both the 'natural' and the 'human' world, which in the end is simply another manifestation of all that is whether you define this spiritually or in terms of particulate matter.Tweet Implicit in and emerging out of 'connection' are love and compassion for all beings. Perhaps, too, the recognition of the existence of that unlimited capacity to encompass both the ecstasy and the agony of living and being human, both heart-filling and heart-breaking enables me to maintain my connection to joy even in times of suffering. There are, of course, moments when I lose the connection, times of utter weariness and despair. But I have learned that these times pass, to rest easy with them. I don't force my way back. But I do try to continue to open my awareness, to some extent to 'take it till I make it', to rest in faith. I retain a sense of trust in the calm that runs underneath the turbulence always. I am constitutionally curious, and my curiosity reaps an abundance of delights! Sometimes what draws me is something not previously perceived in an everyday experience: the musicality of dancing across frozen 'puddle-drums'; the shadows cast by individual pieces of gravel on the road in the stark, bright sunlight of an early winter's afternoon; the exquisite crystals forming at the bottom of a bottle of maple syrup. It might be natural beauty, which often illuminates some interiority. Or perhaps an interaction with another being; the infectious chuckle of a baby, a leisurely conversation with a dear friend; the knowledge that, in some small way, I have been able to make a difference, whether to loved-one or stranger; the now familiar gentle knock of our favourite squirrel on the window; the regular visits of the Cardinal lighting up our bird-feeder. Invariably, implicit in the flashes of joy there is some sense of flow and connectedness. I realize that joy is often, for me, a multi-layered experience that instinctively links me with deeper knowing. I feel delight in what my senses are gifting me; the breathtaking majesty of a mountain range; the wondrous lake that is the backdrop to my life; the fractious flurry of goldfinches fighting for a place at the window feeder; the scent of lavender. But beyond that delight exist additional layers, rooted in association, symbol and insight. My eyes may be drawn to the mountains, but the soaring of my soul reflects an awe that extends my awareness outwards into all of creation. The lake tethers me to the constancy of change. it reminds me that there is a place of deep calm within me too that remains even in the midst of the wind's tumult or the immobility of ice. I remember that it is the moments of absolute stillness that most fully reflect the light. My delight in the goldfinches links me back to my Grandfather's love of 'all things great and small' and to the benediction of his transmitted wisdom. The lavender is my Grandmother's gentle, loving presence. These do not need to be conscious or articulated thought processes. But as I have cultivated joy, they increasingly underpin and amplify my experience. Joy, it seems, for me at least, can be cumulative. Saint Thomas Aquinas distinguishes bodily delights from the delights of the soul and thus joy. I'm guessing he is referring here to 'pleasure' and 'sensation'. I think, though, there are other dimensions to bodily delight. Like many of us as we age, I see my mother in my hands. I sometimes hear her in the words that emerge from my mouth. I think the delight I feel lies in a sense of recognition, perhaps even of presence, of continuity and, again, of connection. As I spoon round my husband each morning, there is always a flash of joy. Yes, that dear familiarity, that skin on skin delight in touch is still the first layer, even 30 years on. But it also connects me to the whole of our history together; all the growth, learning and co-creation, the deepening of mature love. And, recently, I seem to have moved into a new relationship with my body as simultaneously separate from and integral to that which constitutes 'I am'. With this has come an unaccustomed tenderness and compassion, as well as a stream of fresh awareness and delight. A fleeting perception of my body as a community of cells within that greater community that is existence was just the kind of momentary glimpse of absolute belonging within the flow of all that is that forms part of my definition of joy. Although a key focus of my life has been an ability to help create the circumstances that support change for individuals and organizations, I've never really identified as an activist. I have always believed that the deepest and most enduring change always begins with the individual. So in looking at joy and gratitude in the context of resistance my focus is a more subtle, personal form of resistance. At the most basic level, if joy underpins resilience and hope then it offers each one of us resistance against the negative emotions, the despair that might otherwise overwhelm us in dark times. There is great power in this. To lay claim to joy and gratitude when the collective mood is one of loss, fear, grief and anger is to reassert our humanity, our vitality. By choosing to cultivate our capacity for joy, we retain the ability to expand rather than contract, which in turn drives our ability to embrace and energize change and so to move forward. Similarly, in challenging times, the rootedness of joy in connection holds back the tides of isolation and alienation, certainly for self and possibly for others. We remain able to function from an abundance mindset. Whilst it may seem counterintuitive to be joyful in the face of social ills and struggle, joy actually increases our ability to engage with the world empathically and effectively. These last few difficult months have gifted many of us with an opportunity to turn our gaze inward. Although I have, like most people, struggled at times, I have been surprised to discover an increasingly persistent undercurrent of joy. Sometimes this brings feelings of guilt. How can it be OK to experience joy when so many are suffering? This takes me back to that sense of joy as underpinning the capacity to encompass both the ecstasy and the agony of living and being human. Those of us who are able to tap into this capacity and to keep joy alive are, to an extent, light bringers and keepers of the flame. I can't think of a much more profound act of resistance. Sri Chinmoy: There is a great difference between joy and Delight. Let us say that joy is the opposite of pleasure. Indulgence in the physical and the vital is called pleasure. Pleasure is immediately followed by frustration, and frustration is followed by destruction. But joy is something that grows in us. Slowly and steadily it can grow. Again, joy also can fade away, but it will never come down to the level of frustration. To have joy is like drinking a glass of water. If you are thirsty, then you may finish all the water; then it will be gone. But if you put the cup right near the sink, you can fill it up again and again. In the same way, if necessity demands, joy will diminish. But it can also be replenished. But whether it diminishes or grows, if it is real joy, then it is not going to frustrate or destroy you. Joy you can get in your mind, in your heart and even in your arms. After you have thrown the shot put a great distance, immediately your arm will make you feel that it has achieved everything and you will feel joy inside your arm. Sometimes, while walking very fast, if you get a kind of relaxed feeling in your knee, inside your knee you will feel joy. If you get a little strength inside your ankle, you will feel joy in your ankle. So any part of your being can have joy. Joy can be divided among the parts of your being. You can have joy in the mind, in the vital or in the body. You can have joy anywhere. Joy does not usually descend to the lowest, because it is afraid of fighting with pleasure. Joy and pleasure have practically the same strength, so joy is afraid to fight because it is not always certain to win. One is a good boy, the other is a bad boy. But the bad boy sometimes defeats the good boy and makes him feel helpless, hopeless. But when the good boy gets strength, he tries to transform the bad boy and give him good advice as to what he is doing right and wrong. In this way joy tries to transform pleasure. But delight is something else. When you have delight, you will feel tremendous ecstasy in your whole being, from the soles of your feet to the crown of your head. From Above, Delight-Nectar descends through the crown centre and drips into the Third Eye. You drink this Delight-Nectar and feel a sense of immortality. As soon as one little drop of this Delight comes into the sahasrara chakra, the whole body gets a divine thrill. Not even one cell, one molecule, will be denied this intense ecstasy. Joy cannot go beyond the boundaries of its own existence. But Delight comes from the soul's region, from the transcendental Silence-Height. As it descends, it gradually illumines everything, even the gross physical. From the highest it comes to the lowest. Delight has tremendous power, but it descends very slowly. When it enters from the highest plane, it goes first to the soul's arena, then to the psychic plane, the mental plane, the vital plane, and then finally to the physical plane. Delight always descends very, very cautiously, and very steadily and unerringly. What is the difference between joy and delight? See a translation Hide translation Report copyright infringement Summa Theologica — Saint Thomas Aquinas Objection 1: It would seem that delight is altogether the same as joy. Because the passions of the soul differ according to their objects. But delight and joy have the same object, namely, a good obtained. Therefore joy is altogether the same as delight.Objection 2: Further, one movement does not end in two terms. But one and the same movement, that of desire, ends in joy and delight. Therefore delight and joy are altogether the same.Objection 3: Further, if joy differs from delight, it seems that there is equal reason for distinguishing gladness, exultation, and cheerfulness from delight, so that they would all be various passions of the soul. But this seems to be untrue. Therefore joy does not differ from delight.On the contrary, We do not speak of joy in irrational animals; whereas we do speak of delight in them. Therefore joy is not the same as delight.I answer that, Joy, as Avicenna states (De Anima iv), is a kind of delight. For we must observe that, just as some concupiscences are natural, and some not natural, but consequent to reason, as stated above (11262)[30], A[3], so also some delights are natural, and some are not natural but rational. Or, as Damascene (De Fide Orth. ii, 13) and Gregory of Nyssa [*Nemesius, De Nat. Hom. xviii.] put it, "some delights are of the body, some are of the soul", which amounts to the same. For we take delight both in those things which we desire naturally, when we get them, and in those things which we desire as a result of reason. But we do not speak of joy except when delight follows reason; and so we do not ascribe joy to irrational animals, but only delight.Now whatever we desire naturally, can also be the object of reasoned desire and delight, but not vice versa. Consequently whatever can be the object of delight, can also be the object of joy in rational beings. And yet everything is not always the object of joy: since sometimes one feels a certain delight in the body, without rejoicing thereat according to reason. And accordingly delight extends to more things than does joy.Reply to Objection 1: Since the object of the appetite of the soul is an apprehended good, diversity of joy/appetition pertains, in a way, to diversity of the object. And so delights of the soul, which are also called joys, are distinct from bodily delights, which are not called otherwise than delights; as we have observed above in regard to concupiscences ([1263]Q[30], A[3], ad 2).Reply to Objection 2: A like difference is to be observed in concupiscences also: so that delight corresponds to concupiscence, while joy corresponds to desire, which seems to pertain more to concupiscence of the soul. Hence there is a difference of repose corresponding to the difference of movement.Reply to Objection 3: These other names pertaining to delight are derived from the effects of delight; for "laetitia" [gladness] is derived from the "dilation" of the heart, as if one were to say "latitia"; "exultation" is derived from the exterior signs of inward delight, which appear outwardly in so far as the inward joy breaks forth from its bounds; and "cheerfulness" is so called from certain special signs and effects of gladness. Yet all these names seem to belong to joy; for we do not employ them save in speaking of rational beings. Oncheon-ro 45, Yuseong Prugio City unit. 208. Yuseong-gu, DaejeonTerms of ServicePrivacy PolicyRefund Policyver.3.0.283 | © RedKiwi 2025 Oncheon-ro 45, Yuseong Prugio City unit. 208. Yuseong-gu, DaejeonTerms of ServicePrivacy PolicyRefund Policyver.3.0.283 | © RedKiwi 2025 Sri Chinmoy: Joy and happiness are something ordinary in comparison to delight. Joy is limited, happiness is limited. We can experience them even in our ordinary unaspiring life. But delight we experience only when we lead an aspiring life. Only in the life of aspiration can we get delight. So you can say that joy is something earthly and delight is something Heavenly. • Question: What is the difference between ecstasy, bliss and delight? Question: What is the relationship between light and delight? • Thank you! Rest assured your feedback will not be shown to other users. Definition: (v. t.) A high degree of gratification of mind; a high- wrought state of pleasurable feeling; lively pleasure; extreme satisfaction; joy. (v. t.) That which gives great pleasure or delight. (v. t.) Licentious pleasure; lust. (v. t.) To give delight to; to affect with great pleasure; to please highly; as, a beautiful landscape delights the eye; harmony delights the ear. (v. i.) To have or take great delight or pleasure; to be greatly pleased or rejoiced; -- followed by an infinitive, or by in. Example Sentences: (1) Van Persie's knee injury meant that Mata could work in tandem with the delightfully nimble Kagawa, starting for the first time since 22 January. (2) Some offer a range, depending on whether you think you're a bit of a buff, and know a pinot meunier from a pinot noir and what prestige cuvée actually means or you just want to see a bit of the process and have a nice glass of bubbly at the end of it, before moving on to the next place – touring a pretty corner of France getting slowly, and delightfully, fizzled. (3) Speaking about the player, who scored crucial goals for England during qualification for the 2014 World Cup, Hodgson said: “Andros was unlucky to lose his place in the squad when he wasn’t getting a regular game and he’s gone to Newcastle, got a regular game, and done a very well there.” Expressing his delight in being selected, Townsend tweeted: “Huge honour to be named in provisional England squad for the euros ... Will give my all over next few weeks to try to make final squad!” Hodgson also declared himself pleased to include Jordan Henderson, who returned to action for Liverpool in Sunday's 1-1 draw with West Bromwich Albion having been out since early April with damaged knee ligaments. (4) Going forward, I am delighted to take on the roles of both director and ambassador for the club. (5) "I'm delighted we've been able to agree a deal with Sporting Lisbon and with Ricky and we look forward to welcoming him to the squad in July, once all of the paperwork gets sorted out." (6) "Well... " His delightful press secretary, Lena, starts giggling as her boss tries to unknott himself from this contradiction. (7) The other is a flamboyant showman who delights in peroxide mohicans and driving a variety of fast cars – most notably, perhaps, an army camouflage Bentley Continental GT. (8) "I am delighted we have achieved this result," Key said. (9) His institute has also calculated the centre of the continent of Europe to be in Lithuania, much to the delight of the village of Purnuškes. (10) In fact, it was Howard who first introduced a teenage Martin Amis to the delights of reading when she gave him a copy of Pride and Prejudice . (11) Afternoon Delights doesn't have anything approaching a mission statement – it's just two middle-aged men arsing about, frankly – but its gleeful anarchism can be riotously funny: witness the pair as free runners, declaring "war against the urban environment", or their magnificently coiffed Rock'n'Rollers, with the aid of subtitles, showing off their moves on the streets of Ashford, Kent. (12) Jane Baxter's stuffed courgette flowers Stuffed courgette flowers Photograph: Rob White You can't get much more summery than courgette flowers – Jane Baxter's take on these light crispy fried delights (use a vegetarian parmesan-style cheese). (13) He seemed delighted to see everyone, he agreed with everything that was said to him, he was all benignity and good fellowship." (14) And I'm delighted that Tony Hall has signalled that high-quality British drama is a major editorial priority for him, one he plans to invest in. (15) Lord Roberts, a Liberal Democrat peer, told the Observer he was delighted Muazu was back in the UK but horrified that he had been forced to endure the attempted removal. (16) How delightful that the anti-marriage group is known as Blag and opposed by Glad – which has more background : [The] ruling comes with respect to claims brought by six married same-sex couples and one widower from the states of Connecticut, New Hampshire and Vermont who were denied federal tax, social security, pension and family medical leave protections only because they are (or were) married to someone of the same sex. (17) Mr Gates's publishers will have been delighted by the response he provoked. (18) Luzkov's many enemies, meanwhile, today expressed delight at the dismissal. (19) Last week, I was delighted to meet four of these highly committed, talented recruits, together with their supervising consultant social workers from Newham, east London. (20) The same-sex marriage bill became law, greeted with delight by the gay community and suspicious resentment by many Tories. Definition: (n.) The passion or emotion excited by the acquisition or expectation of good; pleasurable feelings or emotions caused by success, good fortune, and the like, or by a rational prospect of possessing what we love or desire; gladness; exhilaration of spirits; delight. (n.) That which causes joy or happiness. (n.) The sign or exhibition of joy; gayety; mirth; merriment; festivity. (n.) To rejoice; to be glad; to delight; to exult. (v. t.) To give joy to; to congratulate. (v. t.) To gladden; to make joyful; to exhilarate. (v. t.) To enjoy. Example Sentences: (1) This frees the student to experience the excitement and challenge of learning and the joy of helping people. (2) It came in a mix of joy and sorrow and brilliance under pressure, with one of the most remarkable things you will ever see on a basketball court in the biggest moment. (3) His greatest legacy, besides his three children, is the joy and happiness he offered to others, particularly to those fighting personal battles. (4) An untiring advocate of the joys and merits of his adopted home county, Bradbury figured Norfolk as a place of writing parsons, farmer-writers and sensitive poets: John Skelton, Rider Haggard, John Middleton Murry, William Cowper, George MacBeth, George Szirtes. (5) He'll watch Game of Thrones , from now on, as a cheerfully clueless fan, "with total surprise and joy", and meanwhile get on with other work. (6) José Mourinho ended this breathless contest on his knees with a sliding, turf-surfing celebration that was fuelled by relief as much as joy. (7) But in the event, two US writers have made the final round of this year's award: Joshua Ferris and Karen Joy Fowler . (8) It's no surprise that one of the last things Ian Curtis of Joy Division did before hanging himself was to watch Herzog's Stroszek (1977). (9) But all that has changed since I discovered the sheer joy of hunting down items with "reduced" stickers at my local Waitrose. (10) "She's very agile as a performer, and is able to deliver again and again so it's a very joyful watch." (11) Many of my friends have been crying with joy this week. (12) Waitrose evokes strong opinions: from sniffy derision about the supermarket's perceived airs and graces to expressions of joy from middle-class incomers when their gentrified area is blessed with a branch. (13) He didn't go to university, but says he discovered the joy of learning for learning's sake when he was tutored on the Harry Potter sets. (14) But their joy didn't last long; a week later, 11 rhino were found on a single day at two private ranches northwest of Johannesburg. (15) To everyone's joy, both stories turned out to be true. (16) The experiences that most often led to high levels of joy were those referable to positive emotional events. (17) However, nerves among the Stoke fans subsequently turned to joy and relief as a substitute, Mame Biram Diouf, headed in with seven minutes to go and confirmed victory. (18) When Gould almost dies one night, and the next morning is instead given three or four days to live, she experiences a strange joy at the extra time granted, more precious hours to talk with him about their twin passions, Queens Park Rangers and the Labour party, more time to help him get his book finished. (19) Vic Goddard, principal of Passmores academy in neighbouring Essex, the school featured in the TV series Educating Essex, who recently published a book about the joys of headship, The Best Job In The World, says the document spells out what is going on across the country. (20) Joshua Ferris's novel about dentistry, virtual identity and the search for meaning is bitingly funny; Karen Joy Fowler draws on studies of chimpanzee behaviour to consider what it is that makes us human. What is the difference between delight, joy, and pleasure? See a translation Hide translation Report copyright infringement

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