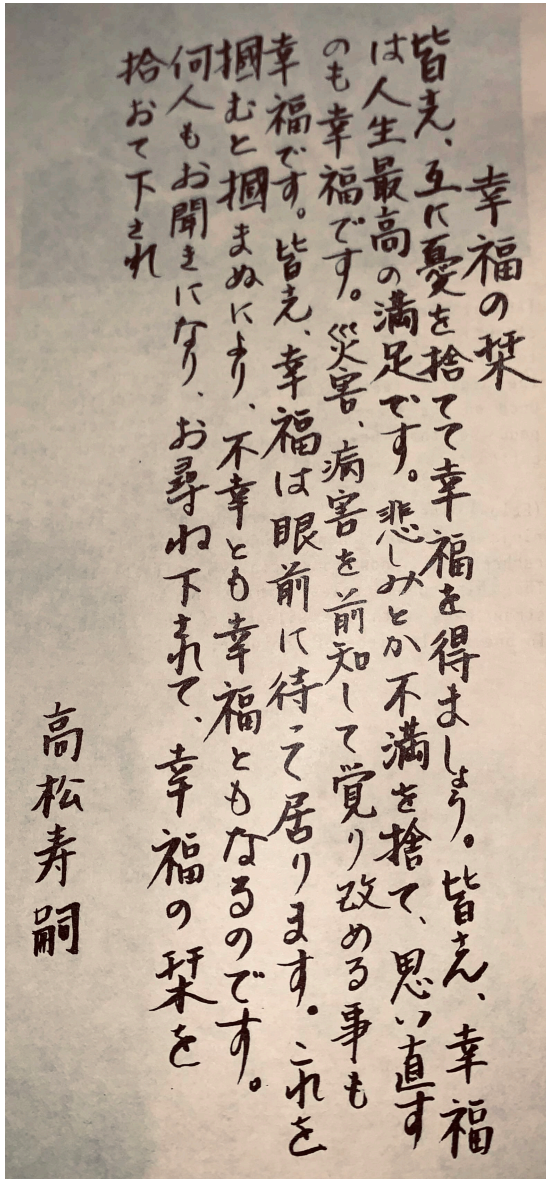


# The Path to Happiness

by Takamatsu Toshitsugu



## The Path to Happiness

Everyone, let's release our worries together and discover the joy of true inner happiness. This inner peace is life's deepest fulfillment. By letting go of sorrow and disappointment, and shifting the way we think, we can step onto the path of happiness.

When we recognize that hardship—whether disaster or illness—is simply part of life, we can begin to accept it with a calm heart. This shift in perspective itself, is like stepping onto a path of great fortune.

Everyone, joy is already waiting right in front of you. Whether you reach out and take hold of it or let it slip by, that alone determines whether your life becomes one of happiness or sorrow.

So please, whoever you are, listen to these words. Take them to heart, and stay on the *Path to Happiness*.

Takamatsu Toshitsugu