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Shared happiness is double happiness

Grief shared is half grief; Joy shared is double joy. Honduran Proverb You must be a registered user to use this feature. Log in using the form to the left, or register as a new user. Email this Quote to a Friend You must be a registered user to use this feature. Log in using the form to the left, or register as a new user. "Shared joy is a double joy; shared sorrow is half a sorrow" is supposed to be a Swedish proverb. I'm not sure about the authenticity of the source, but it is an idea I have been thinking about lately. Recently, my sister Becky has been experiencing something that, while the specifics aren't identical, is eerily similar to a trial I also went through a few years ago. "Went through," I write, as if it is finished; it isn't. In a sense it won't ever be. I'm being vague on the details because her story isn't mine to share, but the experience relates to grief. It is about the loss of possibility. About how hope can sometimes be a chain that holds you to something that is impossible to obtain through hope. About looking at things as they really are instead of how you so desperately want them to be. Accepting what is and letting go of the future you imagined: Hallmark doesn't make a card for that. For a few months, Becky didn't tell me what was happening, I think to spare me the resurfacing of my own heartache. (She has been properly chastised.) What she didn't know is that for me, revisiting the experience with the intent of helping her actually helped me. Being able to share someone else's sorrow because it so closely mirrors your own is a unique blessing of that sorrow. It gave something that was entirely about loss a sort of redemption, because at least I could share my process of mourning. At least I could tell her how I arrived at my hard-earned and sharp-edged peace. I could tell her honestly: this doesn't stop hurting, really, but your relationship to the hurt changes. You come to understand it; it becomes a presence in your life, hovering over your right shoulder until you wouldn't be yourself without it. What lingers continues to tie you to what you lost and become a sort of solace. I want to give her what I know so that she doesn't have to travel the long pain of it—but I know I can't suffer for her. And I want her to learn different things, to let it make her more resilient and forgiving whereas it made me a little darker around the edges; more jaded and less trusting. I hope she can arrive at a place where she feels more dedicated to faith instead of slightly abandoned by it. And while I can't turn on the light or find a short cut through the darkness, I can give her the map I used. She will find her own trails and destinations, but perhaps knowing someone else has also walked in that strange country will strengthen her endurance. I cannot fix it. I cannot give her what she wanted. All I can do is tell her yes. I felt that too. Here is what I understand now. In sharing grief, the sorrow isn't halved for anyone. But it is made easier to bear. "Where you die, I will die, and there I will be buried. May The LORD do so to me, and more also, if anything but death parts you and me." Happiness when shared, is doubled - Short Story Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour a day to drain the fluids from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation. And every afternoon when the man in the bed next to the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed would live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the outside world. The window overlooked a park with a lovely lake, the man had said. Ducks and swans played on the water while children sailed their model boats. Lovers walked arm in arm amid flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene. One warm afternoon the man by the window described a parade passing by. Although the other man could not hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Unexpectedly, an alien thought entered his head: Why should he have all the pleasure of seeing everything while I never get to see anything? It didn't seem fair. As the thought fermented, the man felt ashamed at first. But as the days passed and he missed seeing more sights, his envy eroded into resentment and soon turned him sour. He began to brood and found himself unable to sleep. He should be by that window and that thought now controlled his life. Late one night, as he lay staring at the ceiling, the man by the window began to cough. He was choking on the fluid in his lungs. The other man watched in the dimly lit room as the struggling man by the window groped for the button to call for help. Listening from across the room, he never moved, never pushed his own button which would have brought the nurse running. In less than five minutes, the coughing and choking stopped, along with the sound of breathing. Now, there was only silence-deathly silence. The following morning the day nurse arrived to bring water for their baths. When she found the lifeless body of the man by the window, she was saddened and called the hospital attendant to take it away-no words, no fuss. As soon as it seemed appropriate, the man asked if he could be moved next to the window. The nurse was happy to make the switch and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look. Finally, he would have the joy of seeing it all himself. He strained to slowly turn to look out the window beside the bedIt faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you." Epilogue . . .There is tremendous happiness in making others happy, despite our own situations. shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all of the things you have that money can't buy. Courtesy: This email address is being protected from spambots. You need JavaScript enabled to view it. ----- The Best Happiness Quotes Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.- Groucho Marx ----- The same girl who laughs and talks a lot and seems very happy is also the girl who may cry herself to sleep.----- Some cause happiness wherever they go; others whenever they go.- Oscar Wilde The best feeling in the world is realizing that you're perfectly happy without the thing you thought you needed When I was in grade school, they told me to write down what I wanted to be when I grew up. I wrote down happy. They told me I didn't understand the assignment, I told them they didn't understand life.- Unknown ----- Being happy doesn't mean you're perfect. It just means you've decided to look beyond the imperfections If you think sunshine brings you happiness, then you haven't danced in the rain. "Happiness is only real when shared"... Some people believe happiness comes from money, wealth, honor, and power. Some people believe happiness exists with love. Simply, all of these beliefs and ideas are wrong. The beliefs are incorrect because those things are not essential to realize real happiness. I believe a shared happiness is only can be defined as real happiness says Charu Ghai To begin with, there are no people who can be happy alone. Christopher McCandless is a man who traveled and ventured into the wild. He hitchhiked across the continent for two years before ending up in a makeshift van in Alaska. He gave up his family riches and a possible bright future. Away from world's materialistic scope, in a more subtle term, he was looking for the meaning of life in solidarity by trying to kill the "false being within". He is a great example to describe the real happiness. Christopher Mc Candless had been alone for a long time during his adventure. Before he died alone in the wilderness, he realized happiness is valuable when shared. He thought he could be happy without his parents, brothers, and friends and he thought that he was happy enough. Christopher's life is chronicled in the movie, Into the Wild. The movie retraces his journey and the people Chris met along the way. In the end, Chris found himself alone and isolated. As his life slipped away, he realized that loneliness is the saddest human condition. He found Alaska to be beautiful and marveled at its landscape, but only had his thoughts and diary to share his experiences. It was in those moments that he discovered the true meaning of happiness, that it must be shared to be real. Charu Ghai is among those top comedy video creators who prefers experimenting on her videos using her own Creativity Instead Of Copying It From Somewhere Else. Charu says also there are different ways to feel happiness. Some people feel they are happy when they compare their financial condition to other people's condition. Even though a man has a lot of money, the man cannot feel that he is happy without any comparable object. It is why money, wealth, honor, and power are not the key points of realizing real happiness. Of course, those are optional things to feel happiness. However, those do not have direct relations to have real happiness. Some people who think real happiness comes from material possessions mistakenly think they need more things in their lives, when really, they simply want more things. A Swedish Proverb says -- "Shared joy is a double joy; shared sorrow is half a sorrow." If this proverb is really true than there is no greater virtue in the world than sharing of your joy and sorrow because sharing increases your joy and decreases your sorrow. Since we all wish to maximize our happiness and minimize our sorrows, sharing of feelings seem to be the best way to live the life. However, we don't really see this happening in the real world. It is because no wisdom is true all the time on all the people in all the situations. The wise people have also taught us not to share our pains with others. The famous poet Rahindas said, Rahiman nij man ki vyatha, man hi rakho goye.Suni athilaihen log sab baanti na laihen koi. English Translation You must keep your pains to your heart and not tell others.Others will only laugh at your suffering, but none will share it. You Enjoy Your Life More when you enjoy your day as well as your nights, when you enjoy your work as well as your rest Your Happiness Is More Real and True When You can share it with others You can also enjoy it alone When I think of Chris dying alone, I wonder what his thoughts were as he took his last breath. Was he afraid? Did he think of someone in particular? Was he thinking of God? Was it painful? Was it worth it? We only have his diary as our window into his soul and it revealed a young man in search of happiness only to find that it resides in the presence of another as he died alone far from any other soul to comfort him. CONCLUSION : Even though everyone wants to be happy, they cannot always get their wish. For real happiness, materials are not necessary, but sharing. People should know how to share their happiness to be happier such as the social volunteers. Because nobody can be happy alone, they should share their happiness with others. I believe this because I understood and recognized what real happiness means. Previous Are you a contributor? Post a Quote Share the quotes by embedding it on your website or blog Swedish Proverb Sharing Pass It On® Pass It On® share tweet pin email Your Comments Stosh from Oregon MAY 24, 2019 Share a joy and it will double. But sharing halves any trouble. Pratham from Ganaghar colony FEBRUARY 1, 2018 Joy shared is a joy double Pratham from I FEBRUARY 1, 2018 Nice Donald Kr. Das from Guwahati, Assam, India JANUARY 13, 2018 It's very true Showing search results for "Happiness Is Doubled When Shared" sorted by relevance. 4514 matching entries found.

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