

## SUNLIGHT ON SHADOWS: Embracing Great Compassion

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### Meditation 16

#### *The Causes of Happiness and Sorrow*

Reflect on the things that you've looked to for happiness throughout your life. Are they composite? Impermanent? Are they free, or can they be affected by things outside themselves?

Have you been able to control whether you're able to find or hold on to those things?

Has your attachment to them produced happiness or sorrow?

What happened when you managed to find but then lost them?

Does the extent of your sorrow and disappointment when you can't find them, or find and lose them, correspond to the amount of your attachment?