the Prophet:

"Your joy is your sorrow unmasked. And the selfsame well from which your laughter rises was oftentime filled with your tears... When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy. When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight."