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The following is an excerpt from "Joy and Sorrow" by Khalil Gibran.

Then a woman said, "Speak to us of Joy and Sorrow."

And he answered:

Your joy is your sorrow unmasked.

And the selfsame well from which your laughter rises
was oftentimes filled with your tears.

And how else can it be?

The deeper that sorrow carves into your being, the more joy you can contain.
Is not the cup that holds your drink the very cup that was burned in the
potter's oven?

And is not the lute that soothes your spirit, the very wood that was
hollowed with knives?

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

