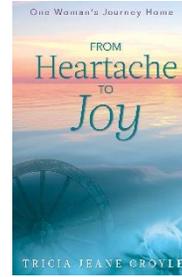


Free guide



Guide to Get to and Express Joy

This Guide

When you adopt the practices from this guide you will have the tools to live an authentic life without the distractions of living the life that someone else has defined. You will value yourself. You will have more energy, power, light, freedom and fun. You will have the freedom to design a life beyond conditional happiness, with a greater capacity for ease, magic and Joy. And maybe even a life beyond that...

Divine Perfection

God's love is all there is. I came to this realization through the experience of joy, and without the grief and loss that I experienced, I never would have found Joy. The incidents in our lives are really in divine perfection, and if we only willing to let go of struggle, we would know it. Health, wealth, and wisdom are mere dances in that divine perfection.

Pathways Home to Yourself

I came to each of the pathways, or aspects of God one at a time. I practiced each for several weeks and even months. I practiced the same word like *Peace* for several months before I heard the next word, which was love. Each word came to me after a long practice of the previous word, or pathway. Each word is an aspect

of God and a path home to ourselves. It is not necessary that you practice them in order. Any path home to yourself is the right one. Pick the one that resonates with you and practice that prayer and the other exercises. Then try another one. Write in your journal what transpired or recount it in the space provided.

If you have seen some of these exercises elsewhere, I invite you to try them anew anyway. You are not the same person you were a year ago or even a moment ago. I have read the same book over and over and each time I read it or see a movie that I have already seen, I learn something new. Something that I was not ready to see before. Try these exercises from the being that you currently are. If one doesn't seem to work, that's ok. Move on to the next one.

Part One: How to Feel Sadness, Grief, and Loss to **Get to Joy**

Feel Your Feelings

All our feelings are exquisite, sadness, joy, love, hate... all feelings. We are here to feel and isn't it wonderful that we can feel? Life is about feeling. Feeling all of it. Feelings only happen in the "isness" of now. And isn't that exquisite? So even the pain of loss can be exquisite.

The experience of a great deal of loss, of losing my brother, mom, dad, mother in law, my horses and dogs and cats in a short period of time taught me the value of truly feeling what I feel. It is necessary to feel the pain of loss. To allow it. To go through it. When we come out the other side, we feel joy.

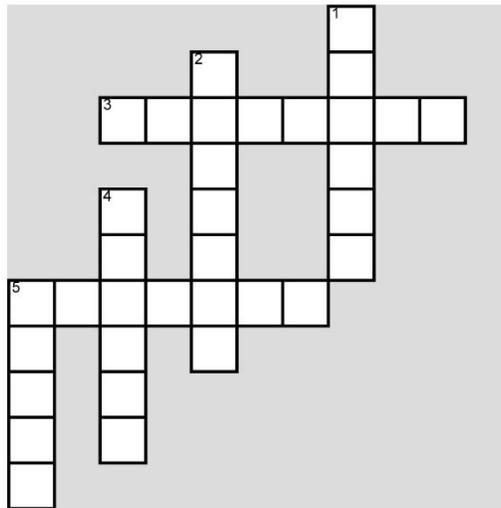
Our purpose is to enjoy the human experience in all of its facets.



Crossword Puzzle

Joy

Express Joy



Across

- 3 What not to suppress.
- 5 What we should let go of.

Down

- 1 What we should remove.
- 2 Animal that expresses Joy.
- 4 One way to do this is to send roots down into the earth.
- 5 Nothing can stick to it.

WORD LIST:

BLOCKS
DOLPHIN

EMOTIONS
GROUND

SPACE
STORIES

Exercises

Exercise 1: 5 Activities to Feel and Transmute Sadness into Happiness.

1. Ground every day. To ground, pretend that you are a tree and run your roots down into the earth. Run them as far down as you can. When you run

out of earth keep running them anyway. There is energy at the end of your roots, and they don't stop there. If you run into a rock. It's just energy and you can go right through it. If you run into worms, they are just energy and you can go through them and all the microbes that are in the earth. Keep going until you reach the golden molten lava that is at the center of the earth. It too is just energy and you are anchored there. You are now fully grounded.

2. Body scanning. Where do you harbor sadness? Think of something sad and notice where this is located in your body. Is it in your heart or in your second chakra? Or in your nose?
3. Emotional release. Feel your emotions until you don't. Feel the emotion and cry or scream if you have to. Go into the emotion and be there for at least 90 seconds. Then let it go. Repeat as often as you need to until there is no charge on this event.
4. Inner imaging. Let go of the negative stories and images. Quit telling and retelling the story that goes with the negative emotion. When you let go of the story, you can let go of the emotion. Do this in the presence of others and for yourself. Let go of repeating the story to yourself.
5. Replacing the emotion exercise. Notice something happy or joyful. Place your attention there. Place it where you have released the negative emotion like sadness. But not until you have done the release. You don't want to paste happy on top of sad. If you paste it, it will continue to bubble up or drip out.

Exercise 2: Rolling the Sadness into Joy

Think of something sad. Feel where the sadness is located in your body.

Is there a contraction or burning somewhere? Contract or lift the sadness up to your heart chakra. Let it drop back down.

Roll it up to your throat. How does it feel there? Let it fall back down.

Roll it up to your third eye. How does it feel there? Let it fall back down.

Roll it up to your crown chakra. How does it feel there? Let it fall back down.

Do this three times.

You can also flow the energy in the other direction.

Notice your crown chakra and then notice your sacral chakra or wherever you are holding sadness. Then allow the energy from your crown chakra to flow down into the sacral chakra. How does that feel?

Repeat for the heart, throat, and third eye chakras. Start with the lowest chakra above where the sadness is located. If it is located in your sacral chakra then start with your power chakra and work your way up to your crown.

In this part of the exercise you are actively flowing the energy down instead of letting it fall. Do this three times for each chakra. Notice what happens to your sadness when you do this.

Part two: How to Express Joy

Joy is found in the gap between perception and the label we put on it, interpretation.



Conditional Happiness

Neither sadness nor happiness really exist. They are just a label we put on a feeling that we experience when the environment presents certain conditions. I lose this. I am sad. I gain this, I am happy. Loss = Sad. Gain = Happy. We become conditioned, habitual, and ultimately limited by these feelings. We begin to choose sadness with the loss, even if we don't really feel it. We cling to it because we think we should feel it. Some people hang on to it as if it were life and death. And for them, it is.

We could just choose instead to be unconditionally happy. When we feel unconditionally happy, it begins to turn into what I would call Joy.

Joy Just Is.

Joy is, to me, a higher order of happiness. It is totally unconditional and seems to come straight from God. Nothing can change it—no comings or goings, no good or bad food, nothing. Joy is everything and nothing at the same time. It just is. And, to me, it sparkles. It sparkles just like the billion sparkles of light that I saw in Bimini. It's pink and gold. It's an aspect of love. It giggles. It laughs. It cries. It dances. It dreams. All at the same time.

I love Joy. I enjoy joy. Truly inspired action is to enjoy.

“A bird does not sing because it has answers, it sings because it has a song”-
Maya Angelou

The Joy Quiz

Are you joyful? Why or why not? Circle your answer and total your points to find your Joy aptitude.

1. Joy is a choice.
 - a. True
 - b. False
2. This checks on your levels of grief and sadness: I don't feel joyful because
 - a. I have too much grief from the loss of a loved one—a person or an animal.
 - b. It's not appropriate to feel joy after the loss of a loved one.
 - c. There is too much pain in the world.
 - d. None of the above. I feel Joyful most of the time.
3. This checks on how spiritual you feel: I don't feel joyful because
 - a. Gods wants us to suffer and be miserable.
 - b. Suffering is heroic.
 - c. I'm more caring if I feel the sadness and empathize with others.
 - d. None of the above. My ascended body is Joy.
4. This checks on your feelings of self-worth and self-love: I don't feel joyful because
 - a. I don't deserve to feel joy. I am unworthy.
 - b. Joy is for others, not for me.
 - c. I am totally worthy of Joy!
5. This checks on your comfort level: I don't feel joyful because

-
- a. My joy angers others.
 - b. My joy is too much.
 - c. I just want to fit in.
 - d. I'd rather be joyful than fit in.
6. What is the most common reason for not feeling Joy?
- a. Not choosing it.
 - b. God doesn't want us to feel Joy.
 - c. Loss of a loved one.
 - d. Being unworthy of Joy.
 - e. I won't fit in
 - f. There is no reason to not feel Joy.
7. What if all you had to do to feel Joy was to choose it.
- a. I don't know how to choose it.
 - b. If that were true, then everyone would do it.
 - c. I already do choose it and I am it.
8. What blocks do I have to Joy?
- a. Sadness.
 - b. Discomfort.
 - c. Low self-worth and low self-love.
 - d. Spiritual programming.
 - e. Choice.
 - f. No blocks. My Joy is unlimited.

To find your Joy aptitude, add up your points. Start with 120 points. Subtract 5 points for each block you currently have to Joy.

0-10 Woe is me. You are an Eeyore. Not Joyful.

11-35 Beginning to find Joy.

36-70 A Trouper. Joy some of the time.

71-100 Yay! You have Joy most of the time.

101-120 A Master of Joy. You could write the book.

Exercises

The following exercises will allow you to access and express Joy directly.

List fun activities.

1. **List all the ways** that you have fun. How can you incorporate them into your home life, and workplace?

Morning Prayer

Morning Prayer is how I begin all my mornings. I have done so for many years.

The formalization of this prayer began in Bimini, but it had many less formalized predecessors before that. This prayer was inspired by St. Francis of Assisi's prayer: "Let me be an instrument of thy peace."

My prayer goes beyond being a vessel, as I already know that I am one. So, in this prayer I am really asking that I may notice how much I am a vessel in any given moment of the day. And then I am asking is there even more than that? My surroundings are just a reflection of the state I am in—so noticing them is just noticing myself. Noticing what aspect I am being in that moment.

Today's word is "Joy." So how much Joy do I see reflected back at me, and where do I see it? The day is early in the morning and we shall see how it is reflected in the remainder of the day.

My Morning Prayer currently goes like this:

Thank you, God, for this beautiful day. Thank you. Thank you. Thank you for this wonderful place we live. Thank you for the plants and animals that share our lives with us. And today for the wonderful fire in the fireplace.

*Make me an instrument of thy peace, love, **joy**, beauty, harmony, grace, healing, communication, abundance, gratitude, magic, bliss, truth, divine perfection, and cocreation. What shall I notice today?*

What shall I be so much of that everything reflects back to me; so much that I stand in awe of my own being? I listen. And I hear, Joy. Today my word is "Joy."

I start with gratitude for the day and for all things. The deeper I go into gratitude, the greater the experience becomes. I know that all magic starts with the catalyst of gratitude. No matter what the day looks like. A gorgeous sunrise makes it easy to be thankful. So, I usually start there, because it is easy to express gratitude when gazing at a beautiful sunrise.

Often, it is rainy, cloudy, cold, or windy. I am still grateful. Today it is four degrees below zero. I am grateful. I am grateful to be sitting in front of the fireplace, warmed by the glow of the embers, writing this guide. And my word is Joy. So that is my morning prayer. Practice this morning prayer with each word listed above. But especially practice it with the word, Joy.

It is not necessary that you practice this prayer at sunrise. You could say it at sunset or even at noon. It is only important that you say it. I like to start my day with it so that I can notice the word throughout the day.

2. **Do the Morning Prayer.** Ask God How much Joy you can possibly be. What does it look and feel like? And then notice it throughout the rest of the day.

Reflect in your journal on the following questions:

- What did you see or feel during your morning prayer?
- Where did you experience Joy today?
- Where did you express Joy today?
- Did you see Joy where you never saw it before?
- What color was it?
- What did it smell like?
- Does Joy have a taste?
- Where is Joy located in your body?

For further exercises into Joy, power freedom and wellbeing check out *Beyond Joy*.

Crossword answers

Joy

