

# FINDING MORE JOY

Some philosophers have said that to be happy one must not focus on how to be so. That happiness comes naturally when people are involved in other pursuits. Others have suggested that one must work on happiness through spiritual or religious practices, self growth, mindfulness, being in the present. Possibly, both are true. Many of our happiest moments may have been times we found ourselves meeting wonderful new people or making new friends, getting carried away with the fun and laughter at a party or dance.



*"I sometimes wonder whether all pleasures are not substitutes for joy." -C. S. Lewis*

*"Joy delights in joy."  
--William Shakespeare*

They could have arisen from watching a child play, or awakening early to a beautiful sunrise, or watching animals in nature. They could have happened as a result of an achievement or event; a graduation, wedding, family event.

Or as is suggested, people can be "working on" their present or future satisfaction by developing their inner life and self. Self growth, prayer, meditation, yoga—many of these practices are designed to assist a person in connection with their higher self and experience bliss from within. These and other practices may help a person to experience the rapture and joy of getting to the core of who they are, accepting themselves and loving themselves as well.

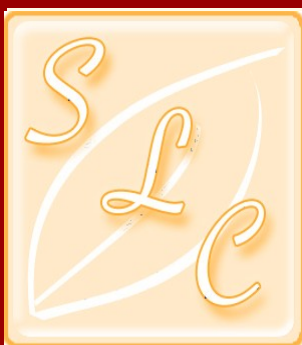


*"Happiness is a journey, not a destination....dance like no one's watching." -Crystal Boyd*



Do you experience joy? Do you share your joy with others? Do you have mentorship or guidance on your path to a more fulfilling life? Are you on too much of a treadmill with life and work to be able to fit in the necessary time and experiences to be happier? Do you know what you need to be happy?

*"Joy is the holy fire that keeps our purpose warm and our intelligence aglow."  
—Helen Keller*



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## SIMPLE JOYS

- A good book
- A delicious meal
- A great conversation
- A quiet moment or two
- A natural wonder
- A big hug
- A hearty laugh