

40 Joy Wisdoms

Joy is...

1. getting to know yourself like you would a new friend.
2. taking inspired action and doing what feels good.
3. moving your body to its own rhythm.
4. letting your creative self express freely.
5. your natural state.
6. clarity and bliss.
7. what opens the heart and evolves the soul.
8. giving thanks for all life's blessings and seeing all of life as a blessing.
9. a way of being that is a choice.
10. living in alignment with your core values.
11. speaking in congruence with Love.
12. doing what is true and watching life support you.
13. realizing that all is perfect as it is.
14. trusting life.
15. believing that life supports you and letting life prompt you.
16. entertaining Divine thoughts.
17. letting go of the need to know and living in the mystery.
18. seeing life's circumstance as invitations to something better.
19. doing what is yours to do and nothing more.
20. being high on life and grounded in truth.

40 Joy Wisdoms

Joy is...

21. sister to happiness.
22. the doorway to freedom.
23. what evolves from hope.
24. found in the laughter of a child.
25. always here for you.
26. choosing wisely what you really want.
27. responding to life with brilliance, not reacting in confusion.
28. a quiet smile and warmth in the heart.
29. being with those you love and loving those around you.
30. always there for you, look for it – you'll see.
31. attainable when there is faith.
32. forever manifesting in form as art, solutions and conscious projects.
33. the basis from which to build anything lasting.
34. a guide to your hearts desires.
35. empowering and protecting you, when you feel it.
36. inviting you to be inspired.
37. the precursor to a long lasting successful endeavor.
38. changing, transforming and transmuting discord into harmonies.
39. a choice.
40. you.