

# ***Finding and Expressing Joy***

## **Joy Meditation**

*(Do at least twice a day, especially after a strong negative reaction.)*

### ***Do as follows:***

1. Relax. Breathe out tensions from the solar plexus.
2. Feel. Bring a humming sound down to your solar plexus area.
3. Move. Move the feeling up to the heart area with the sound.
4. Entertain Joy. Feel joy—and say the word “joy” -like an actor doing his part.
5. Allow. Let the feeling fill your chest to overflowing.
6. Send. Send the excess freely upward with a smile while saying the word “joy” repeatedly until you really feel it!

## ***Relax and Glow***

### ***Later:***

*See how many hours you can hold your joy mode in the heart area. The Heart area is the base line or bottom line for the new way of functioning.*

*Why Joy meditation? Doing it builds a tremendous feeling within, a sympathetic vibration.*

**What you think attracts  
What you feel Attracts  
Any vibration stimulates a like vibration  
The resonating vibration of joy fills the universe,  
and you are one with it.  
You are one with joy,  
an exalted state.**

# ***Finding and Expressing Joy*** **(cont'.)**

*(After doing Joy Meditations)*

## **Joy Exercise**

### **Part 1**

Visualize a circle of White Light above you. As you do this deeply breath out your tensions. Close your eyes. Visualize light from the circle. See it flowing down over you, surrounding you. Feel it within you. Concentrate on the feelings in your solar plexus area. Lift these feelings up to your heart and feel Joy to overwhelming. Smile! Let gratitude fill your heart. Send the joy and gratitude upward and into your head. Feel it press against your eyes and say, "I see all life clearly." Feel it press the top of your head. Now sent it on upward with a feeling praise and say, "I am receptive to spiritual wisdom and understanding." Send it out to the creator with a message, such as, "I am receptive to your counsel. Teach me." Do this with the expectation that the energy will return to you with an impression, a message, or a symbol for you.

### **Part 2**

Stand up. Repeat Part 1 until you feel the joy within your heart then say the word "Joy", sending it out in whatever way it wants to come out. Like creative Toning, allow the word to take it's own course, and add different actions and motions to go with the word until they free flow together. Bring the joy back into your heart and accept it with gratitude.

*Why Joy exercise? Becoming comfortable with a feeling requires the practice of expressing it in the world around you. The instant feedback will impress on you the feeling of joy that exists in the universe, which builds your confidence.*

*Spread your joy in the world  
Feel it and make it known  
Fill the halls with the light of joy  
Your joy will become a  
catalyst and teacher for others.  
And the universe will rejoice.*