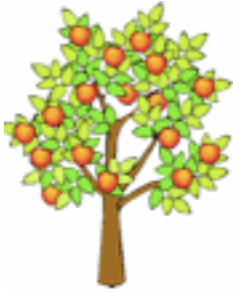


Joyfulness



What is JOYFULNESS? Joyfulness is being filled with happiness. It is a peaceful sense of well-being. Joy is inside us all. It comes from an appreciation for the gifts each day brings. Joy comes when we are doing what we know is right, and when we laugh and see the humor in things. Joy is the inner sense that can carry us through the hard times even when we are feeling very sad.

Why Practice It? Without inner joy, all our feelings are determined by what is happening to us. When things are going well, we feel glad. When things are going wrong, we feel bad. Without joyfulness, when the fun stops, our happiness stops. When we are joyful, things still happen to us, some good and some bad. If we are joyful, down deep we stay calm and serene. We look forward to things changing for the better.