

☀ FEED YOUR JOY - FILL YOUR LIFE WITH BLISS ☀

*Bliss is the sense of radical joy that comes over us
when we realize that we are deeply blessed.*

Sitting with colleagues one day, I was sharing the observation that many people are perhaps not so much overwhelmed in their lives as they are chronically under-blissed. This means there is far too little joy and too much stress; they are burdened with too many responsibilities and cannot find the time to accomplish everything. My colleagues agreed that this was certainly true in their own lives at times.

What Feeds Your Joy?

Living in a state of depleted bliss or joy is detrimental to our well-being. It prevents life-giving “nutrients” such as laughter, deep breathing, new perspectives and simple relaxation from really feeding and renewing our lives. An unbalanced focus on work-related projects leaves little time for anything else. It is as if our world shrinks into one main sphere of activity, closing off the very people and pleasures that make a life wholly meaningful.

Consider:

- Can you name the things that give you real joy?
- Do you consistently invite and allow these very things into your life? If not, why not?
- Think of your work as your playground. Does your work schedule allow for recess?
- Do you give yourself permission to just sit and daydream?

Who Fills Your Cup?

Think of the people who bring energy, light and laughter to you. They may be friends, family members, neighbors, colleagues or total strangers. Then give yourself permission to spend more time with them. Stretch yourself beyond old habits of isolation and over-work and let God lift your spirit through the presence and company of joyful people.

A Simple Formula For Bliss

- Make room for simple pleasures in your life every single day.
- Go to lunch with a happy person and let their energy rub off on you.
- Don't fill a cancelled appointment; give that valuable time and energy to renewing yourself.
- Stand at the funny card section in your local gift shop and don't leave until you have read enough of them to put a giggle in your heart.
- Take your sweetie, your kids, or your wonderful inner child out for ice cream. Then eat it very slowly and with a smile on your face.
- Unplug. Leave your cell phone in the car or turn it off when eating or visiting with others.
- Watch the sunset tonight in silence.

Let your life bless you and fill you with joy!!!