

Joy, Ohhhhhh JOY!!!!



Noticing, feeling (completely), and noticing more and more and more joy, just keeps on coming. It matters not if it is your own personal joy, or your deliciously felt, in your body, the joy of another – this is called sympathetic joy. And, full presence in the memory, the experience of “this joy” (with all senses on and engaged) locks it into memory banks forever – always available to be revisited and re-felt, as if for the first time!

Bernice and I had an opening ritual with our dear folks of Relaxing Times. We called it Sharing Joys. There was time for three or four sharings and the delight was shared by all. One time a lady reflected on her felt joy, everywhere in her own body, of the joyful occasion of a friend’s joy! All of us sitting in the circle felt the tingles of delight and joy!!!!

This is not unlike a muscle that grows stronger and quicker to call forward, with practice, practice, practice!!!!!! Practice is simple, and not easy until we’ve done the repeat, repeat, repeat, until fluent with no conscious thinking needed. This is true for learning a new language, a musical instrument, a new sequence of moves (snowboarding, yoga, racquet and ball connecting perfectly). This is also true with preferred examples of integrated body muscle memory and for not preferred habits (eg swearing, amplifying the negatives as in catastrophizing, insulting Self or another). Practice (repetition) grows it stronger and stronger and stronger!!!!

Having a camera in hand always may capture some perfectly lit and ‘found’ moments of beauty and might have the cerebral appreciation of a photographer. However, a full immersion in presence in a scene etches it permanently into our memory and is available for full re-experiencing, at any time. Think of a particularly vivid memory (positive or not so) – the setting of the scene, the light conditions, the time of year, the smells in the air, the sounds, the feeling of ground beneath your feet, sensation of sunshine on your cheek, the feeling in your body Is it not completely and instantly retrievable in an instant?

The other day I allowed myself to be distracted from the youtube right column list – and next thing you know, I was smiling broadly, feeling warm and fuzzy, almost teary, belly laughing at the scenes of babies and toddlers with puppies and dogs – simply witnessing the babies belly laughs, seeing the inquisitive and curious looks on their faces, their trust and receptivity to embrace and engage with life. I was enthralled, enchanted, moved and filled up – simply with joy, joy, joy. It was maybe five minutes of love

medicine, of renewal, of simple presence, of being so fully here and now that I forgot about the heaviness(es) in our world at this time!!!!!!!!!!

Becky and I are going to be plunging ourselves into a graduated learning curve with Zoom – our first application will be the re-beginning of Relaxing Times, small in numbers at first, but growing as we get our techie legs. We tingle with delight and positive anticipation in returning to this gathering, this sweet shared time of practice. We look forward to opening with a Reflecting on Joys practice. Joy begets joy begets more pure and simple delights and joys and simple gritudes for this life, right here, right now!

We invite you to bring to Mind your own delights and joys forever etched in your memory banks, and to watch out for all kinds of new joys! No dust collecting photo albums to cart around! Always accessible, always refreshing and soothing!

Warmly,

Shelley & Becky



Joy attracts Joy.