

Blog entry 6/20/18 How I Remain in Joy:

I begin by confirming that what I am about to share are ideas that are coming from my heart chakra area, as that is my current way for me to make sure I am sharing from my Awareness of our Oneness and my being in my right mind. And as Others have shared: I realize I am awakening further each day, each moment perhaps, and I reserve the privilege to, perhaps, amend my any sharing to include even higher Insights, as they may occur.

I love the feeling of Joy. I admit that in the past, I had rarely felt “Joy.” Over the past 30 years or so (*give or take, I don't really know for how long*), I have felt “happy,” for sure, and “contentment” mostly, and “peace” and “serenity,” but I sometimes wondered what real, sustaining “Joy” felt like and how could I get more of that feeling in my experience. I even sought out various activities that I could begin and practice, in order to attain more Joy in my life.

And a lot of those activities were somewhat fun, and enjoyable for sure, but I still rarely felt the deeper Joy I was looking for.

And this year, since my deepening awakening, and since my process of re-reading those books (coupled with applying what I was learning from them), and now reading and applying ACIM, I can gratefully acknowledge that I now know what sustaining Joy feels like, and I do like it very much 😊, and I experience varying degrees of this feeling for most of the time now. Thank you, God.

Being in a state of Joy is very important and beneficial to all areas of our lives. The way we feel inside, truly feel, underneath all the layers of stuff going on in the outer world of form (that would unconsciously work to layer ego reactions on top) is essential to our well being and our effect on whatever comes into our experience, and beyond.

So, first and foremost, the way I remain in Joy is to be in conscious contact with God within me and within All. And how I do that is: Often, I begin by quieting my mind, while I focus on my breathing. In and out. Inhale and exhale. I think/feel the words, “innnnnn” and “outtttt” or “peace...” or some other mantra as I breathe in and out, slowly, completely, comfortably for sure.

And this simple, beginning, breathing practice feels somewhat Joyful in and of itself. So, I'm there. And I rest there in the peace and simple Joy of it...

...Then, as I'm enjoying being in that lovely state, I expand my focus to include my attention on the alive energy within me, and I simply notice (or observe) my inner energy body. It is alive; also breathing; somewhat vibrating. I focus all of my attention on that feeling, as I breathe. The feeling becomes stronger than any thoughts originating from the mind in my head, and it is the best feeling ever, and I could stay here forever.

And then at some point, maybe minutes I don't know, I feel Inspired (or Invited) to expand my focus to include more awareness of the vastness of my Inner Being which extends beyond the limits of my physical body. Our True Essence (our Inner Being, our Inner Divine Essence) extends far beyond our physical bodies, and I allow my focus to notice that too. I notice / observe as my state of Being then effortlessly merges (or melts into, or becomes one with), slowly, one by one, in slow motion, with all of the Inner Essences of all alive things that I see (tree, flower, grass, bird, person, etc.).

And this is where and how I acknowledge our Oneness. And there is no greater Joy in all the world than this, for me.

(Sometimes I have to set a timer ahead of time, to remind me that I have an appointment or something else, because this state of being, with little or no distractions, feels like a bit of Heaven, and if I have the time, I could just stay here all day. 😊)

And yes, lol, it's most easy and fun when I'm by myself with no errands to run or things to take care of. *Too bad I have stuff to do, lol!*

Nah, jk 😊 What I do then, when I have things to do in the world of form, I consciously bring this feeling—this state of Awareness, this Joy of knowing our Oneness—I bring this feeling and focus with me when I do my errands and such.

I practice *seeing*, first and foremost, the True Divine Essence of everyOne I encounter (other drivers, store clerks, etc.). It's easy for me to forget this focus when I'm in the midst of the errands and such, so I make a conscious choice decision to practice **coming back into Awareness** as soon as I realize I have slipped away. Immediately, as soon as I realize.

It is a practice. A continual practice. A continual, staying Alert and Aware practice. And the more I practice, the more 'second nature' it becomes. *Ironic that I say "second nature," when truly, that state of being is our first nature. We've just practiced the ego state for so long, for so many generations, that ego **seems** like first nature.*

And yes, of course, my practice while I'm with other people can be easiest when I am with people I don't even know, because I have no ego-reactive history with them.

And yes, it's easiest when I am "doing" things I really enjoy. (I have a long list of things I enjoy.)

...I went to the dentist today, and while that is not on my list of favorite things to do, lol, I do make sure that I find a way to enjoy the experience, and so, for me, that means staying in conscious contact with God; Aware and Alert. As much as I can.

*Thank you for allowing me to share and for considering my sharing.
As always, I welcome your positive sharing as well. If you would like to share on this topic, please email me at: Linda@LindaFP.com and type **Blog 6/20/18** in the subject line.
I will post appropriate comments to our Blog, as sub-headings of the topic.*

*In Love and Peaceful Light,
Linda FP*