



SPEND A LITTLE TIME
CREATING SPACE FOR JOY.

To live in sacred space is to live in a symbolic environment where spiritual life is possible, where everything around you speaks of exaltation of the Spirit. Joseph Campbell

Creating space for joy, both physically and emotionally, allows Joy to fill our days with its fragrance and its light. Do you make time every day for joy? Do you permit yourself to feel Joy? Are you quiet enough to hear what Joy may be telling you? Slow down. Stop. Listen and receive. Do you welcome joy? Have you made room for joy? Do your home and workplace reflect love and beauty? Do your surroundings inspire you? Make at least one day a week a different kind of day: a Sabbath day; a day of rest and observation, renewal and rejoicing. Yet remember: every day is an auspicious day for Joy- another day to love.



LET YOUR LIFE BE A TENDER CELEBRATION
OF JOY'S PRESENCE IN THE WORLD.

Some cultures use holy water, the scent of flowers, fresh fruits, fire, incense, sweet cakes and other sensuous offerings to tempt their gods to descend to earth. We may do the same to invite Joy into our lives. Feel free to use symbols of the spirit to inspire you. Don't be shy about placing sculpture, paintings, signs and photographs that evoke peace and joy throughout your home. Create altars if you enjoy them. All of these are beautiful reminders of the eternal realm. Celebrate the flowing energy of life with growing plants, fountains and fresh flowers. Have music that is soothing and uplifting.

Invite Joy into your life as if it were an honored guest. Create a beautiful, loving and welcoming environment. Live there as an honored guest yourself, for that is what you are. And Joy will come. And Joy will remain.



*For behind all seen things
lies something vaster;
everything is but a path, a portal,
or a window opening
on something more than itself.
~Antoine de Saint-Exupery*



IMAGINE YOUR MOST JOYFUL LIFE:
HOW FAR ARE YOU FROM IT?