

## Guillermou

Gratitude, love, curiosity, resilience and cognitive flexibility are a source of emotional stability, joy and happiness. Albert Einstein said that brilliant is he who dares to correctly direct his ideas at a given moment. Nothing is as extraordinary and vital in the human being as our ability to readjust behaviors and thoughts with love to survive successfully and move forward with greater boldness to take better advantage of the complexity of each scenario to obtain maximum benefit. Einstein left other phrases that allow us to glimpse what the scientist meant by a happy life.

Those papers have been baptized as the theory or formula of happiness. In one of them he says: "A humble and quiet life brings more happiness than the pursuit of success and the constant restlessness that it implies." Other of the best phrases of the genius that express these ideas: -----1) "Life is a preparation for the future; and the best preparation for the future is to live as if there were none." .----- -----  
-2) "The search for truth and beauty is an activity that allows us to remain children all our lives." .----- -----  
-3) "The measure of intelligence is the ability to change." .----- -----4) "Creativity is intelligence having fun." .----- -----5) "Only a life lived for others is a life worth living."----- -----6) "It is not possible to maintain peace using force; it can only be achieved through understanding Cognitive flexibility directed with love is understanding and empathy, knowing how to intuit why things are the way they are at a given moment, it is knowing why people act, it is seeking the possible causes of those daily problems that we have with those around us.

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## Guillermou

Only a flexible mind commanded by the wealth of the soul will be able to face difficulties to survive and achieve happiness. Not being able to see the multiple perspectives of our reality is like putting locks on our happiness. In this direction we have great allies and goals such as self-esteem and self-sufficiency, great weapons to overcome fear and distance ourselves from the society of toxic people and corruption presided over by psychopaths who only seek the power-money binomial. First of all the great power of the mind. To generate a positive change in our mental attitude and its relationship with bodily health, it is necessary to "reprogram our mind", or in other words, discover the path so that it generates attitudes, symptoms, evolution, thoughts and sensations of well-being.

This is possible through psychological therapy, with cognitive restructuring techniques among others, where the person discovers the erroneous programming in their subconscious mind, which generates discomfort and illness. If the mind has the power to direct the functioning of our body, it is obvious that it can do it correctly and generate health, if we learn to do it. To do this, it is important to discover where the subconscious generates emotional blockages and unblock them to allow healing emotions, attitudes and thoughts to flow.

Negative thought patterns are the source of tremendous emotional suffering and misery. In fact, they are the key factors of both depression and anxiety. Cognitive flexibility is directly related to many advanced mental abilities, such as: ----1) Plan for the future ----2) Metacognition ----3) Self-control ---4) Be able to consider multiple aspects of the same situation. ----5) See things from a new, creative and innovative perspective. In the links, cognitive restructuring, its benefits and practical examples. [www.choosingtherapy.com/cognitive-restructuring](http://www.choosingtherapy.com/cognitive-restructuring) (2022) [helpfulprofessor.com/cognitive-flexibility-examples](http://helpfulprofessor.com/cognitive-flexibility-examples) (2023)

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Morning Gui, early, early morning. Every Positive has a Negative, Every Negative has a Positive. One can drive themselves mad trying to control every little thing. There once was a popular show where a main character was narrowly missed by a lightning strike. He ended up walking in circles wondering what it all meant. Eventually in a discussion with another character he was given the following to ponder. Once there was a great warrior, the near miss lad said oh that is good. The storyteller replied, oh no, this was bad. As a great warrior he would be expected to lead the others to his great peril. Oh, near miss said I guess that would be bad. Storyteller, oh no, this was good because the others would give him the best horse, share the best weapons.

Near miss, oh I see, that would be good. Storyteller, oh no, that was bad, he was given a horse not used to him and it threw him off and he broke his leg. Near miss, oh that was bad. Storyteller, oh no, that was good because he couldn't go to battle. Near miss, oh that was good. Storyteller, oh no that was bad, his son had to take his place. Near miss, oh that would be bad, Storyteller, oh no that was good....and on and on it goes. Good, no bad, bad, no good. Such is life. On the personal level It's just me but, while not liking but accepting the sufferings, the trials and tribulations there is also a foundation these are less mistakes to fret and fuss over, bad things and bad only, but rather where is a lesson to be learned?

Where is the Positive in the Negative, what is the Negative teaching me to do, or not to do? What is Negative in the Positive needing to be learned so as to be able to address it should the need arrive? Most of all - Focus on what I can do and not bleed out energy, resources and efforts on trying to force all and everything into one flow, and to follow the Natural Flow of things. A great and wonderful clue is if what we are doing actually brings elements of happiness and Joy.

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## Guillermou

Just, you are full of narrative creativity. We have to consider that joy must be associated with good to be happy. We humans have a stake in the "idea of good," but this is obscured by the distractions and deceptions of the material world. Through education and philosophy, the soul can remember and orient itself toward that "idea of good." Aristotle believed that humans are born with the ability to develop virtues and virtuous habits throughout their lives. Virtue is a quality that is acquired through practice and learning, and is achieved through a process of education and personal development.

Thus, human beings do not have a participation with the "idea of good", but through the cultivation of virtues we tend towards good. Although Aristotle does not hold the belief that human nature possesses an intrinsic and immutable goodness, he demonstrates an optimistic approach regarding man's inherent capacities to develop and express virtue in his behavior and character. After going through the Middle Ages, marked by religious thought, although supported by the ancients, modernity brought a new way to discuss the problem of good and evil.

Man's vision began to move away from transcendental notions and focus more on the palpable human experience and condition. Here the opinions are derived into two large aspects that will mark the course of ethics and political philosophy. One of the most famous and controversial thinkers of modernity, Hobbes, proposed a rather bleak vision of human nature in his work Leviathan. According to him, in a state of nature (without laws or social structures), human beings would act driven by their basic instincts and, in particular, by the desire for self-preservation.

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## Guillermou

This condition would inevitably lead to what he calls a “state of war of all against all.” His famous phrase homo homini lupus (man is a wolf to man) reflects this idea. To avoid chaos, humans agree to enter into a social contract, ceding some of their rights to a sovereign or authority that guarantees peace and security. In contrast, Rousseau offered a more optimistic view of humanity. He argued that man in his state of nature is good, a kind of “noble savage” who lives in harmony with his environment. It is society and its structures that corrupt this innate goodness, leading the individual to act against his true nature.

For Rousseau, the path to a just and good society lies in recognizing inherent goodness and restructuring society so that it more closely resembles that idealized natural state. The contemporary world, with its rapid technological advances, sociocultural changes, and global challenges, offers new prisms through which to examine human moral nature. Knowing whether humans are essentially good or bad is one of the most persistent and debated questions in the history of thought. From ancient philosophical reflections to the most recent research, the search for a single answer remains elusive.

Our nature is complex and cannot be reduced to simplistic labels of good or bad. Each individual is an amalgam of experiences, education, genetics and personal decisions. Furthermore, what a culture or society considers moral or immoral varies considerably from one to another. While certain studies and theories suggest that there are biological and evolutionary factors that influence our morality, it is also clear that human beings have an incredible capacity for change and adaptation. Through education, introspection, and experience, people evolve and adapt their moral understandings and practices.

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## Luvvy

Hi Gui and Steve and All! Great to find this type of article that we can resonate with and interpret for each other! For me, as a woman who lives very much in my feminine side, I can relate to the idea of Vorfreude, as getting ready to receive Joy. E.g. I have had children and relate to the wonderful experience of "expecting" their arrival, while carrying them. Preparing for their arrival was euphoric, as was their birth. We need to expect and welcome and connect with Joy and love, and to serve as vehicles for them, start to finish. And I agree with Dr. M that within us, on the micro level or cellular octave, we have Joy pulsing within us ready for our conscious - higher connection. The whole thing is part of the process of expressing and creating experiences with higher frequencies, that are incredibly positive and wonderful.

— “Both love and joy vibrate at the same high frequency of 528HZ. ... This particular frequency has been studied extensively and is believed by some researchers to actually repair DNA. Joy is an emotion powerfully infused to help ward off sickness and toxic thinking. King Solomon, known as the wisest king; reigning from 970-931 BC, is the one who said, “A joyful heart is good medicine”. This phrase literally means that joy causes good healing. Like sunshine, joy is resonating with healing vibrations.” God bless. — [www.joycenters.com/2017/08/09/joy-explodes-with-energy-that-heals/#:~:..](http://www.joycenters.com/2017/08/09/joy-explodes-with-energy-that-heals/#:~:..) .

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## Guillermou

Dear Luvvvy you express yourself with the joy of a loving angel. His life is full of love for the care and attention of his loved ones. I am sure that your wonderful mind has lovingly focused on filling your life and that of your family with moments of joy, preparing your children to embrace life with determination and a feeling of improvement. "Joy is that wonderful feeling we experience when something good happens. Worries fade, frustration dissipates, and anger disappears when a healthy baby comes into the world or when a friend passes a test with flying colors; when we solve a problem or when a conflict comes to an end. Joy opens our hearts.

Joy can change our lives and our way of thinking. It is a balm that relieves the pain caused by envy and sadness. "It brings us closer to the people we love and softens the differences we have with those who are furthest from us." From the book "The 16 Attitudes for a Meaningful Life" by Alison Murdoch and Dekyi-Lee Oldershaw. We are born with a natural interest and curiosity about the world around us. Think of the pure delight that lights up a baby's face when it recognizes a loved one or a toddler who cannot contain his or her joy when he or she discovers something as simple as a frog on the road. These manifestations of intense joy and joy have a profound effect, not only on the child.

Their joy brings a smile and illuminates the hearts and minds of everyone around them. We know that change is an inevitable part of life, and yet it can disrupt our mental health, causing everything from fear to confusion. The key is learning to find joy even in the midst of the changes that come our way. It's not always easy, but when you are able to let go of resistance and connect with your inner strength, great joy awaits you. The challenge is to discover how to feel happiness instead of anguish and restlessness when we face unexpected changes in life.

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## juststeve

Gui & Luvvvy, thank you both for putting muscle on my clumsy bare bones comment and expression today. It's a Joy to see both of you take thoughts deeper, wider than I can myself. : - ) !!!!

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## Luvvvy

Did I forget to say that reading and connecting with you both brings me joy, as expected, because it does. We are all here contributing ideas to create what I see as a “tasty meal”, so I say keep bringing it! Thank you.

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## umfuli

People in love are optimistically happy with anticipation and almost always healthy.

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## Guillermou

The philosopher and theologian Raimon Panikkar makes a reinterpretation of that classic understanding, inverting the terms, to define it as “wisdom of love”; but specifying, from what “love” in the true Greek sophia is the one that the spirit enters: it is the art and science of life, which emerge when the “love of knowledge and the knowledge of love are united” .. The thinker Catalan and universal thinks that a change is necessary: to bring the heart, love, into philosophy, to arrive at a philosophy as the wisdom of love. Therefore, the philosopher must have a lifestyle that seeks harmony between knowledge and love; a love that must also be linked to ethics, especially with sensitivity for those who suffer the most, for the last.

To do good philosophy you need a “pure heart”, an ascetic spirit and total dedication. Philosophizing includes the critical aspect and logic, but it transcends them to culminate in a unique experience in communion with the Spirit and the Mystery that surrounds everything. The opposite of the mercenary and grossly materialist philosophers. The sacred union between knowledge, love and ethics is what generates true philosophy as wisdom. On the contrary, the split between the three leads to the schizophrenia of contemporary humans, with its false contrast between reason, science and spirituality. The globalist elite will never contemplate these virtues in artificial intelligence.

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## jud547

I had a dream once that I was put on this earth to do things for people that they could not do for themselves. I do small things like mending or making clothes for friends and family, cooking for occasions, volunteering, all do give me joy, but I always think this is small fry. Reading this article I will endeavour to stop thus negativity.

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## imaginal110

Beautiful jud. Reading you I'm reminded of the goodness of people who want to help. That attitude of service is touching and I believe (feel) connects us to the whole of life, which is a gift to us through and through, a lifetime of unwrapping.

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## blowe

To be of service is Holy work, jud547. Thank you!

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## jev3010

@JustSteve, in other words, be like water. Just flow. I'm not sure I agree with anticipating joy. "Being present " seems to provide more mental stability. And realizing that there will always be ups and downs, not matter who you are or what your circumstances are.

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## **juststeve**

Yes, Being Present. So much of the current foundation of confusion is Slick Messaging people eat up and then live in their minds, out of the Real World, Reality. Our experiences are like the Ocean Tides. We get up, we get down. There is no Light without Darkness, there is no Darkness without Light.

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## **NewlandsWanderer**

Donna Eden's simple daily energy routine can help awaken positive feelings and joy:

[www.youtube.com/watch](http://www.youtube.com/watch) For those who have suffered trauma there is a potential healing approach through EMDR: [www.youtube.com/watch](http://www.youtube.com/watch)

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## **Guillermou**

Very necessary in this life where the road is not all roses HYMN TO JOY BEETHOVEN

[www.youtube.com/watch](http://www.youtube.com/watch)

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## Itsmyright

One of the ways that we manifest things in the future is through imagination, if we constantly imagine terrible things we are sending out a particular vibration. If we are constantly unhappy we vibrate the energy of that negative emotion and attract to us similar vibrations whether in people or situations. If we can find the joy through gratitude for every blessing we vibrate and attract that. Joy is our natural state of being, because we have come from Source, but we start to learn from the moment we are born how we should react to things, how people appear to react to us - ( which is not really about us but about them) unfortunately when young we dont have the resources to be able to counteract that so we accept what comes at us. Our work is to recognise that we are not our emotions, they are programmed in the Reptilian and Mammalian brains, a bit like the programmes that are in microsoft computers by default.

We must overcome these programmes in order to reach the potential that each and everyone of us has within us and recognise that we come from source, we all matter, no-one is better than the next person and everyone has their work to do here, a road sweeper has his purpose for being here as much as a billionaire. That road sweeper may be holding space in order to bring light to this world so don't judge. A lot of people dont even know their importance. Love to Dr Mercola for bringing this important message, he may or may not know how deep this goes.

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## imaginal110

Love this Itsmyright. Yes, yes. I could go on and on about this. Imagination is not only a private thing inside our own noggin, but can be shared, is shared, either consciously or not. We're part of a Distributed Prophetic Imagination, so to speak, dreaming up a future. I just love where Dr. Mercola is going with this. Vorfrende is my new favourite word. I "look forward with Joy" to much much more of it.

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## Cj24Mercola

Happiness comes through soul area. It satisfies mind will emotions. Joy comes from your spirit area and is God given. Joy brings strength to the the body, soul and spirit. AMEN

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## Almond

Why do people WILLINGLY change? When remaining in the status quo becomes riskier than approaching an unknown future, people accept change. In such cases, there is always hope. People believe that their actions can make a difference and improve their lives. It takes effort to commit to making changes. There must be a reason to change or people would not choose a path different than the one they are on. Choosing change may be frightening for some people, but it also indicates their expectation of a favorable outcome and control over their own lives.

For example, a person who decides to quit smoking, or pursue a higher education believes it will improve some aspect of their lives--health, contentment, wealth, etc. This is one of the greatest benefits of living in a free society--being able to chart your own destiny. In tyrannical societies that lack basic human rights, people cannot decide where to live, how to live, where to work, who to marry, what to study, even choose a hairstyle or clothing. It is choice and optimism that drive initiative and creativity.

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## juststeve

Being as these are Extremely Witchy Times, therein lays answers to make the better choices. Change will come whether anyone likes it or not. The thing is will we participate in the change, will we ignore our ability to engage in the change in ways to make things move in a better direction, or will we let the changes be completely decided it for us.

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## **KLRM02**

Dr. Mercola, thank you for your posts once again. This time no need for me to download the articles for repeated, future reading. Thank you for writing about this under rated , forgotten component to acheive a 'sane' life daily; not anxiety ridden or full of doom and fear .

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## **Sandman69**

these last 4 years have been very difficult for me to stay positive with everything going on, and has taken some of the joy out of my life. Its resulted in lost friendships, and the breakup of my marriage with the person I loved the most, since we did not see things the same way. Still I try to do little things every day to look forward to. My greatest joy is eating, and for me its always about planning and looking forward to the next healthy meal. Also look forward to my walk in nature every day, and plan connections with newfound friends on the weekends. Also treat myself to some chocolate or dinner out or going for a massage.

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## robbie2u

Joy is an interesting state of being. A baby's natural state I would describe as joy until it is upset by certain needs like food, sleep, clean diaper and the intrusion of annoying people. A baby may experience happiness by way of amusing gestures and sounds. So as adults joy becomes more difficult as a state of being or rooted in character. Happiness and fear are often the results of some event or experience and generally disappear as the event disappears but fear is one that should never become embedded in one's character along with happiness or euphoria from a drug induced state. Joy in adulthood is more difficult to achieve than joy in an infant simply because we have become creatures that can now evaluate, need, want and lust in concentric circles.

Joy must now address understanding of the outside and the fragility from within. It cannot do so solely by self-belief, ego or puffing oneself up because finiteness and fragility are our true physical condition. Self-belief, ego and puffing oneself up can be seen as a survival or fear response that often refuses to address reality or to resolve difficult questions. Both Joy and peace are meant to become rooted in character and not in events and far simpler to achieve than earning a degree.

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## weareone1

"God is Sat-Chit-Ananda, ever-existing, ever-conscious, ever-new Bliss. We, as soul, are individualized Sat-Chit-Ananda. "From Joy we have come, in Joy we live and have our being, and in that sacred Joy we will one day melt again." [Taittiriya Upanishad 3-6-1.]" [yogananda.org/blog/paramahansa-yogananda-on-our-ultimate-goal-joy](https://yogananda.org/blog/paramahansa-yogananda-on-our-ultimate-goal-joy)

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sss7457

In The Living of Charlotte Perkins Gilman, autobio, her Dec 31, 1898 diary entry finds her life purpose in line w r comments here 4vorfreude in 2024. CPG ws a poet, writer (fa-mous 4her 1892 story "The Yellow Wall-Paper" & her nonfiction bk Women and Economics-1898), speaker & non-Marxian Socialist. "To live, letting God do it. Spread self-consciousness into concern for others. Leave one's self an open door, a free unconscious channel, for the deep rushing flood of life to pour through. To make sure in one's own life of what one teaches others "say come' not go," be what they ought to be. To tell and tell forever humanity's great secret that each one is ALL THE REST and each "can do," himself, the world's work, so made easier for all.

A calmness born of the im-measurable Power which moves us. A rich Peace, seeing that life is good. A Joy, deepening daily as we understand. And Love the love that all things live in to feel it and give it, to Give it, Give it, Give it everywhere." Though she preached 4women's suffrage & was a contemporary of Elizabeth Cady Stanton who she admired & "Aunt Susan" (Anthony), she felt their cause didn't go far enough 2free women fr the unpaid house slavery that both impeded their development & that of their children & the world. CPG always struggled financially living as an independent woman.

Even so she never set fees, taking what hosts gave her: gifts, lecture collections, travel expenses. If queried, "Isn't that your business [2know ur fee]?", she said her biz ws 2preach, others' biz ws 2pay & nt her affair. I can relate 2this bc I've often lived on lil or 0 income. As a self-employed earner or volunteer, my idea of labor's Nlarged 2incl most of my day's activities (many of which someone somewhere is doing 4\$) & God work cn b done2 w any reg job, pd or nt. It costs lil 2b kind bt it's EZr w health so that's God work: 2kp fit, fix gd food, read/share/post info, don't litter, be a tax elf, rest, give Joy, love, live, b.

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goodbody2

This is great! I've come to these understandings over the years through arduous introspection and cultivation. Dr. Mercola has a writing style that can't be beat - in all of his articles. Thanks for this!

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## HealingMindN

One of many articles on music (extract): "..If music can mediate anti-inflammatory effects, evidenced by decreased levels of inflammatory biomarkers (see Table 1), there may be biological plausibility for its use in the care of ill patients. The results of these studies provide further confirmation that the immune system can be enhanced by music and, as Daisy Fancourt has underlined, the trend towards positive findings of the effect of music on psychoneuroimmunological response strongly supports further investigation in this field (Fancourt et al., 2014).." [www.ncbi.nlm.nih.gov/.../PMC8566759](http://www.ncbi.nlm.nih.gov/.../PMC8566759)

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## cha3955

What an inspiration! What was one of the reasons 80 million people died in China during the Mao the tung era? Because they starved to death. Being a farmer is one of the most important careers you can have, especially at this time when farmers need to be protected. CONGRATULATIONS!

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## brodiebrock12

It's not rocket science people...living day to day is a choice and decision for the vast majority. If you appreciate the simple things in life you will never not be unhappy. So MANY simple joys so there are NO EXCUSES.

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## imaginal110

I love this direction of Dr. M as it brings together the very heart of the spirit, beloved by whatever name, with the practical health wisdom he is a Master of. Vorfrende is a new favourite word, available in every instance. Hidden in it is a love for the moment we're in, the expectation of joy. I can't expect joy without being joyful and grateful for the moment. It sneaks in the love for here and now. Don't get me started! Joy is amplified dramatically when recognized in company or when such company is sought. I practice shared meditation in dyads.

It doesn't mention JOY particularly but the joy arises from a recognition of non-separation. Vorfrende too is a form of non-separation because we link ourselves and bring ourselves close to the good thing we know is ours. Vorfrende bucks up the spirits and brings joy in the moment, even as we contemplate a future joy. At the heart of joy is a recognition that we are that. Joy isn't a transitory respite but the nature of things, even in what is, on the surface of things, a vale of tears.

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sss7457

I'm happy 2c this Xploration of Joy by Dr M. My 1st rxn ws: There must b Nachfreude2 (p Joy) as others hv Xpressed/Xknowledged w the act of gratitude for Joy already rec'd & possibly written in a jrnal. I've seen this miraculously transform hateful intimates I've known who accept a journal gift & adopt a daily habit in even a simple form, 2b grateful. To remember past Joys can b an inner treasure 2tap when times r tuf. How2 change, Almond? 4myself I have taken my biggest risks by ac-cepting the fact of my own death & some worst things that cn happen' bc integrity occ asks us 2risk all4 what is right. Looking up my bio ftr p 20 yrs whom I had loved but my mtr had feared & hated, I risked the loss of her love for me, as well as relationships w other family.

In 90 I left my profession w no idea what I'd do. This ws AFA (against family advice), who likely didn't want2 tk on financial responsibility 4me & w only \$11K in the bank, a very scary move. Nearly laughable tday as I look bck as this is a fortune 2many, bt then it felt lk I ws jumping in2 an abyss. Yet personal growth work@ the time let me c unethical acts by my employer I couldn't close my eyes2 w/o killing part of my Spirit& deadening my Joy. It mayb seemed lk a fearful run away fr something, bt only fr outside.

Inside, tho shaky, sprang courageous self-reliance & trust in a larger Intelligence/Love. Also lk any risk they begin &bcome EZr as the new habit is practiced. If u lk bck, u c this beautiful pattern u never cld hv set out 2create, but ea piece of Life can b used by Source. It has bn my greatest Joy when I've reflected bck on simple ways I was brave enuf 2serve Life's bigger plan & it happens all the time. It's lk I'm a cell in a body, a citizen in a state, an atom in a Universe. Developing an inner Life/listening 2intuition & sitting in Silence 2reflect prepares me2 allow this Love 2use me & fills me w Joy. I'm nt special. Any a=A.

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## HeartLedHumanity

What a fabulous article, Dr M, it brought my quotients of Joy up to optimal on a very wet, grey dismal Monday morning. Thank you. I believe this emotion is key to us living from our future Selves (capital S vs lower s) where we start to live from the wise guidance of our Hearts (inc sacred) first and foremost, BEFORE integrating with the knowledge and direction of the head. I believe this should be a fundamental teaching to all Humanity, so that we can consciously co-create our New Earthly reality from our highest emotional frequencies and in active support of our evolutionary path. Thank you SO much for sharing this.

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## **imaginal110**

And what a great comment. I "resonate" with it and am glad to know you and millions like you are out there. I look forward to meeting you as I move about. It's sunny here today near Ottawa Canada and I'm looking forward with joy to getting out in it!

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