



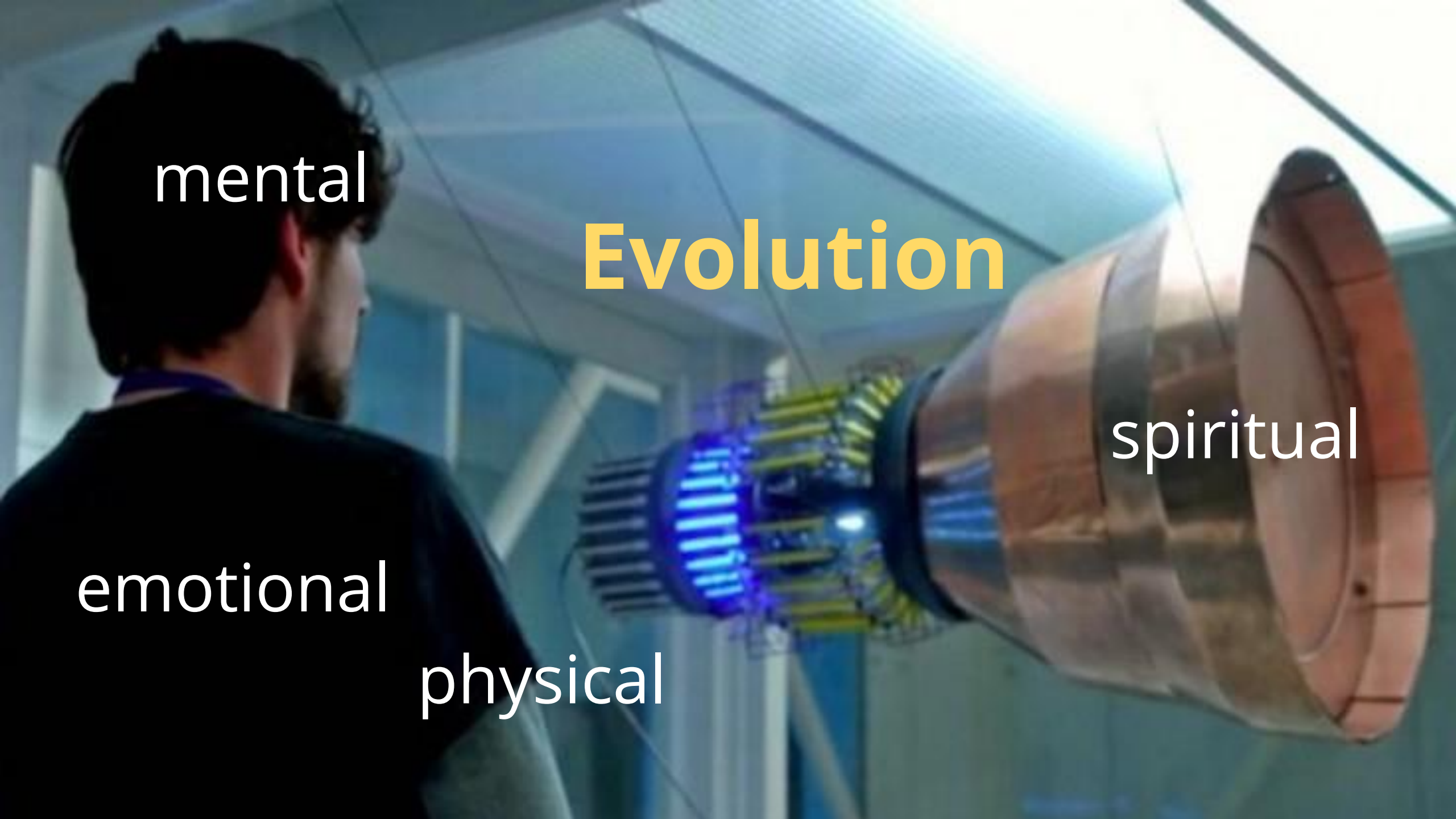
**What do
you
practice?**



Joy: Inner and outer purpose

- Your life has an inner and an outer purpose.
- **Inner purpose** involves **Being**. It is primary. Essentially, it means **Awakening** and transferring more 'knowledge' from unconscious to consciousness.
- **Outer purpose** involves **doing**. It is secondary.
- To fulfil our outer purpose, we need to align it with our inner purpose.





mental

Evolution

spiritual

emotional

physical

What is the source of Joy?

- The Spirit is reflected in your heart
- The seat of the Spirit is in the fontanel
- When the Kundalini rises it touches the seat of the Spirit in the fontanel

The nature of the Spirit

1. Sat - Truth
2. Chit - Awareness
3. Ananda - Joy

Joy - Awakened doing

- *Awakened doing* is aligning our outer purpose (what we do)—with our inner purpose (awakening and higher consciousness).
- 3 states of awakened doing
- Each one has a certain vibrational frequency of consciousness
- If we are not in one of these states: we create suffering for ourselves and/or others

Joy - 1. Acceptance

- Accept (be aligned with) what happens.
Non-resistance.
- We are at **peace** while we do something.
This peace is **consciousness**.
- If we can't enjoy, or accept what we're doing—STOP or CHANGE!

Joy - 2. Enjoyment

- Joy is the dynamic aspect of Being.
- It's a constant inner state that comes from fulfilling our inner purpose.
- *Joy doesn't come from what we do.
It flows from deep within us into what we do.
And so into the world.*

Joy - 3. Enthusiasm

Enjoying what we do, combined with a goal or vision

- Not an inflated image of ourselves (hidden form of ego) or confrontational (no winners or losers)
- We are connected to other human beings as well as to the whole.
- We feel we are a channel through which energy flows from the Source of all life through us, for the benefit of all.



Shri Mataji on Joy

“For people who know that they have found the Spirit, they should know that they have found the joy. Spirit is the source of joy, and that should be evident when you talk. No inhibitions, no curbing, it’s complete freedom.

But do not try to mold yourself into the molds of the people who are not realized. Now you are different, you are changed, it is irreversible. Whatever you may try, say after two years or three years, all of you will be bubbling with laughter. But why not do it now? If it is going to happen later, why not have the blossom time now?”

Shri Mataji on Joy

“This power of enjoyment is inexhaustible. I want you all to enjoy that, to drink that nectar of your Spirit, and to forget about all these artificial problems that you have.

You just enjoy, because now you are drenched in your Spirit. So enjoy that. Why worry? Do not stop your progress by lingering with this load around your neck.

Let the Kundalini take you up. But She likes light things – she’s a light thing herself, that’s why she rises. Everything that is heavy within you she’ll burn, but do not make yourself additionally heavy.”



KEEP ME FULLY GLAD

Keep me fully glad with nothing. Only take my hand in your hand.

In the gloom of the deepening night take up my heart and play with it as you wish. Bind me close to you with nothing. I will spread myself out at your feet and lie still. Under this clouded sky I will meet silence with silence. I will become one with the night clasping the earth in my breast. Make my life glad with nothing.

The rains sweep the sky from end to end. Jasmines in the wet untamable wind revel in their own perfume. The cloud-hidden stars thrill in secret. Let me fill to the full my heart with nothing but my own depth of joy.

Rabindranath Tagore

Shri Mataji on Joy

“We start thinking about it, we start worrying about it, there’s nothing like that. Our problems are solved, our lives are beautified, everything is so nice and good, just to make you happy.

Still if you are not happy, still if you are worried, then the Divine recedes, it recedes. It’s like sunshine. If you do not want to face the sunshine, you do not get it. You have to face the sunshine.

Every tree moves to the sunshine, every leaf tries to be towards the sunshine. They have innately built wisdom, in the same way you should be, and you will see that with this – your life will change completely. Every moment you’ll enjoy. Every minute of life you’ll enjoy. Everything that you do you’ll enjoy. Every small thing you do you’ll enjoy...”