



## You are predisposed to Joy.

dry periods. This is what will warm you with brotherhood when you are in the throes of the Illusion. In the dream of life. This is what overcomes the appearance of loneliness. *This sustains you.*

**I**t has been given to you, *as you*, to sustain you. To warm you. To maintain your humanity. To return to. It is this that brings our hearts together. It is this that keeps wisdom from being just head knowledge. Dry words. Rhetoric.

If you are following this Teaching precisely, then joy abounds. You should be able to pick someone who is practicing this path out of a crowd. Not because he has certain physical looks. Not because he is teaching others. Lecturing others. But because he is shining. He is kind to those around him. He is joyful. He is of good cheer. Why? Because he is mov-

ing upwards. He is going forward. He is smiling. He is seeing who needs help. He sees with the sight of the eternal.

He is lifting others up by simplicity. He knows who he really is. And he makes others feel joyful. Maybe it is just for a moment. Maybe it is for an hour. Maybe for a lifetime. But this brief time of joy brought to another manifests the All Pervading Perfection. It is what makes this all worthwhile.

The joy found in your Self, the joy in the eyes of a baby laughing, is all One. Why? You have found Truth. And it is good. There is nothing but joy in your future. How can this be? It is not yet polluted. The future remains in an imperishable pristine state of joy. You ask, 'How can this last if I am destined to experience something painful?'

## What you perceive as joy in one who is in Truth, is only the tip of the iceberg.

First of all, if you are imbedded in joy, returning to joy, giving to joy, focused on joy, seeking to return to joy, awakening joy, then *you are creating joy in your future*. For you are creating your future anyway.

**Y**ou are transforming the dream into more hospitable circumstances in which to Awaken. As like attracts like, you will no longer be attracting unnecessary events. Complex suffering. If this can be averted, your joy will now avert it.

If it cannot, events affect you less. Eventually, the joy remains. You are not numb. You are not hardened. You are not in denial. You are not indifferent. You are so immersed in simple joy that it keeps bubbling up no matter what you do. You cannot help it. It is already there. It bubbles up infinitely.

However, sometimes you have to loosen up the cork. (laughter)

You cannot sit around waiting. "I don't feel joyful yet. What is happening God? Make me feel joyful!" (laughter) There are times in the journey when you must lift yourself up by the bootstraps and make yourself joyful. And then it will come bubbling up. It is impossible for it not to do so. Do not forget. *This is your natural state*.

This is not some strange, unusual state of affairs. This is not something that you are seeking. This is your natural state. This is your unaffected state. This is your heritage. When you are not making decisions contrary to the joy of SELF, then you are aware of this state. When you are not looking elsewhere. Then 'you' are conscious of it. You are experiencing it. But most of the time, you are focused on what takes you away from this. In addition to this, you are participating in actions, words, decisions, that attract the opposite of joy. It covers it up. This makes the journey more difficult. For you are always recovering from one event identification or another. You have forgotten to identify with your natural joy.

**Y**ou must not let a day go by without experienc-

ing the joy of your own Perfection. Why would you choose to do this? It is all up to you. Do not let this world change your True Nature. Do not be transformed by this world. You have been misguided to believe joy to be a passive state. A docile state. A dormant state. A state that holds no power in your life. But joy is a power. Joy is Reality. Joy is all consuming, all complete, all pervading. Joy is the true manifestation of your Being.

**I** am going to let you in on a little secret. Joy is more powerful than anything that has a so-called negative influence in your life. Than absolutely any event or circumstance. Take this and apply it. Now.

In this moment.

"You" have complete dominion over your own illusion. You have dominion over the suffering in your life. "You" as a part and parcel of the Supreme, can avert incoming repercussions. And return to your

Original State. Why?

You are not required to suffer to Awaken. And yet you are not to remain in a state of emptiness. Ambiguity. If your joy is strong enough, pure enough, you can change anything. Why? Because this is an untapped Source. This is the foundation of your entire Nature. This is your True Self. *This is who you are*.

