

# FINDING JOY: HOW TO LET GO OF THE INNER FIGHT

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BEING A SUCCESSFUL AND HAPPY PERSON INVOLVES USING SELF CONTROL IN ORDER TO STAY “POSITIVE” AND ON TRACK TO OUR HIGHEST WORK AND RELATIONSHIP GOALS. THE PROBLEM WITH ONLY USING SELF-CONTROL IS THAT WE DON’T FULLY RELEASE THE INNER FIGHT WE HAVE GOING ON – TRYING NOT TO LET OUR EMOTIONAL BUTTONS BE PUSHED IN THE MIDST OF OUR DAY TO DAY LIVES. IF ANYONE OR ANY CIRCUMSTANCE IN LIFE IS CHALLENGING OUR ABILITY TO STAY JOYFUL, WE CAN USE THE FOLLOWING PROCESS TO RELEASE THE INNER FIGHT, AND RETURN TO A PLACE OF YOUTHFUL LIGHTEARTEDNESS AND JOY.

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*(It is recommended that you do this process out loud, where no one will hear you)*

**Step 1:** Ask ... “If a little puppy running on the beach and having his best day is feeling sparkling joy and he’s in a ‘0’ fight to feel totally joyful (pause and see him), on a ‘0-10’ scale, how much of a fight am I in if I try to feel totally joyful, amidst the pressures and effects of all that is going on in my life – past, present, and to come?”

*Then rate how on a 0-10 scale how much of an inner fight that you feel is going on to remain joyful = X, opening up and expanding your sensitivity to allow a full awareness of all that’s upsetting & weighing on you now and in your anticipated future.*

**Step 2:** Ask ... “Instead of the sparkling joy of the puppy running on the beach, what emotion am I fighting not to feel right now, when I open up unarmored like a 3 y.o. to the pressures and effects of all that is going on in my life?”

*Put this emotion into a simple sentence of the following structure, such as, “I am fighting not to feel frustration, or “I’m fighting not to feel frustrated”. Or, if you can’t identify the emotion, then use a number instead, such as “I am fighting against feeling a ‘6’ un-joyful”. If you are below a “1” un-joyful, you can say “I’m fighting not to feel EVEN a ‘half’\* un-joyful”. (\*or substitute: a quarter, a tenth, or a trace).*

**Step 3:** Repeat over and over what you are feeling using this sentence “I’m fighting not to feel my \_\_\_\_\_”, or “I’m fighting not to feel \_\_\_\_\_” ...

*Stay connected with the feeling -- repeating it over and over, until either at least minute to a minute and a half passes or the feeling fully subsides.*

**Return to Step 1:** Continue with these steps until you’re happy with how much your emotional upset has subsided, or until you return to a feeling of total joy.

*... It may be helpful to remember the adage ...*

*“The fight I am willing to feel will heal ...*

*The fight I am not willing to feel stays repressed and real!”*

## **A Spiritual Solution**

When we finally breakthrough to feeling total joy, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner joy. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing our inner emotional pain, our outer world completely changes, and we can experience heaven-on-earth right here and now.

## **So How Can We Stay Joyful?**

We know life is likely to present us with challenges every day, so how can we stay joyful in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy, if we take a few minutes time daily to do clearing practices.

