

The Daily Relief Valve - How to Feel Joy Now

As adults, just as was the case when we were children, our emotional buttons are pushed on a daily basis. While children vent spontaneously and naturally, we as adults often allow pressures to build-up to very unhealthy levels, adversely affecting our bodies and our minds. We can use the following simple process to vent and regularly release these pressures to return to a place of youthful lightheartedness and joy.

Step (1) Ask ... On a 0-10 scale, “If a ‘0’ is feeling ‘total joy’, like the sparkling joy of a little puppy running on the beach & having his best day (pause and see him), in sharp contrast how “un-joyful” would I rate myself, as I open up unarmored like a 3 y.o. to the pressures and effects of all that I’m dealing with, past, present, and to come?”

Then rate on a 0-10 scale how un-joyful you feel = ‘X’, opening up and expanding your sensitivity to allow a full awareness of all that’s upsetting you in life, now and in your imagined future.

Step (2) You may pick from the following sample categories--or you can make-up your own—asking out loud: “Where am I not feeling total joy?”

Spouse / Boy-Girl Friend	Family (Particular Members?)
Love / Sex Life	Friends / Social Life
Work / Career / School	Possessions (Home, Car, etc.)
Money / Finance	Current Events / World News
Habits / Addictions	Spiritual Life / God / Religion
Health / Diet / Exercise	Future / Past / My Life
Recreation / Spare Time	My Goals / My Dreams
My Body / My Appearance	

Make up your own

Step (3) Then, upon choosing a category, again ask out loud: “What is the most un-joyful or upsetting feeling that comes to mind regarding this particular area of my life?”

This feeling will be used in a sentence repeatedly as a “prompter” which helps you to get in touch with your underlying thoughts and emotions. For example, if your category is “Work/Business”, and your most upsetting feeling is ‘frustration’, you would repeat the sentence, “I’m feeling frustration about my work”,

Step (4) Construct a sentence in the following way: “I’m feeling _____ (emotion) about my _____ (category from above list -- or area of life)” Repeat this sentence over and over staying present to the feeling.

Step (5) Every three to five minutes -- or whenever you feel the emotional charge is no longer there -- return to **Step (1)** and Re-rate, in order to see if you are actually getting closer to feeling total joy. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your inner emotional pain. Continue to repeat this process until you finally clear your way to “0”, a place of feeling nothing less than total joy -- right now in life.

The following words of wisdom may now bring you more clarity ...

“What I am willing to feel will heal ... What I am not willing to feel stays 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.

