

Midweek Pause—Joy



Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

-Thich Nhat Hanh

Consider: It is so easy in the commotion of it all to get to the point where we say, “I just don’t know what makes me happy anymore.”

In all our busy-ness we can lose ourselves and knowledge of what makes us truly happy. We lose track of why we do what we do and we forget what used to bring us joy.

Today’s pause is meant to bring you back to your childhood to reconnect with what used to bring joy—on the simplest level.

Prepare: Close your eyes and visualize a much younger you. Place your hands on your heart and take in three cleansing

breaths. Feel what it was like to be so free and connected with your own heartsong.

You are five or six years old—maybe even younger. Your mom or dad is calling you in from your playtime and you just cannot stop what you are doing. What is it you were doing? What is it that you were so immersed in? What allowed you to be fully yourself? What song was your heart singing?

What could you do today that would make you feel like that if even for a few short moments in time?

Do: Today do one thing that makes your true heart sing. Consider repeating each day this week.