

ACTIVATE JOY POWER

By: Dr. Marta Davidovich Ockuly

I believe we are all born with amazing potential and possibilities. Somewhere between childhood and adulthood we are often disconnected from what fills us with energy and joy. Are you living your life engaging with what fills you with energy and delight? If not, open to the idea that getting clarity about your personal passions and purpose begins with J.O.Y. (just one yes)! Taking action is key. This article suggests actions to activate your joy power in many magical ways.

My work involves showing people how to awaken creativity and potential right now... baby step by baby step. It starts with saying 'yes' to yourself by consciously thinking about and acting on what brings you joy.

Most of us can list a dozen things that make us angry or drive us up the wall. It is really easy because what we think about expands and many of us feel surrounded by critics, complainers, and countless reasons to worry. We all know what we 'don't want.' The activity we're about to step into will help us focus on what we 'do' want.

ACTION STEP #1: Get a blank sheet of paper and a pen, colored pencils or markers. Draw a circle in the center large enough to hold the word JOY and today's date. Draw lines from the outer edge of the circle going out - as if you were drawing a sun in kinder garden. On each of those lines write something that makes you smile or brings you joy. For me it's Latin dancing with a great partner, beach walks, attracting money miracles, the sound of babies laughing, finding quotes that inspire me, making collages in my journal, morning walks serenaded by bird songs, bike trail rides, massages and pedicures, laughing, fresh sweet watermelon, sunsets, rainbows, the scent of jasmine outside my front door, and getting puppy hugs. What are your big and little joys? Be sure to include your 'happy dreams' and wishes.

What are the places you'd like to visit? What's the work you'd love to do in this lifetime? Include anything that delights you. Stay harmless. The only 'rule' is you cannot impose your will on another. You can list a specific car you'd love to have. But stay away from asking for a specific 'sweetheart'. Trust the universe by keeping things open in that department. Have fun with it. Set the timer for five minutes and start listing your joys. When the time is up, stop and admire your first official Joy Magnet Mandala.

Was it easy or hard for you to do? Having just as many or more joys that worries come into our awareness instantly is the goal here. The good news is, the more we pay attention to what brings us joy, the more joy increases in our life. Observe your process. It gets easier with practice.

Joy mandalas get 'activated' when you give them your attention. Put yours somewhere you'll see it first thing each morning – in your journal, taped to your mirror, or behind the bathroom door. Adding joys in your 'notes' app is another simple method of keeping track of joys that show up once you begin paying attention to them. After creating your joy magnet mandala - the most important step is giving yourself a small 'joy' from this mandala daily. To make this easy add your favorite 'treat,' scent or other 'personal pleasure' to your morning routine. Walking onto my deck and inhaling the scent of jasmine gives me a dose of joy every morning. If a great cup of coffee or tea gives you joy – savor it!

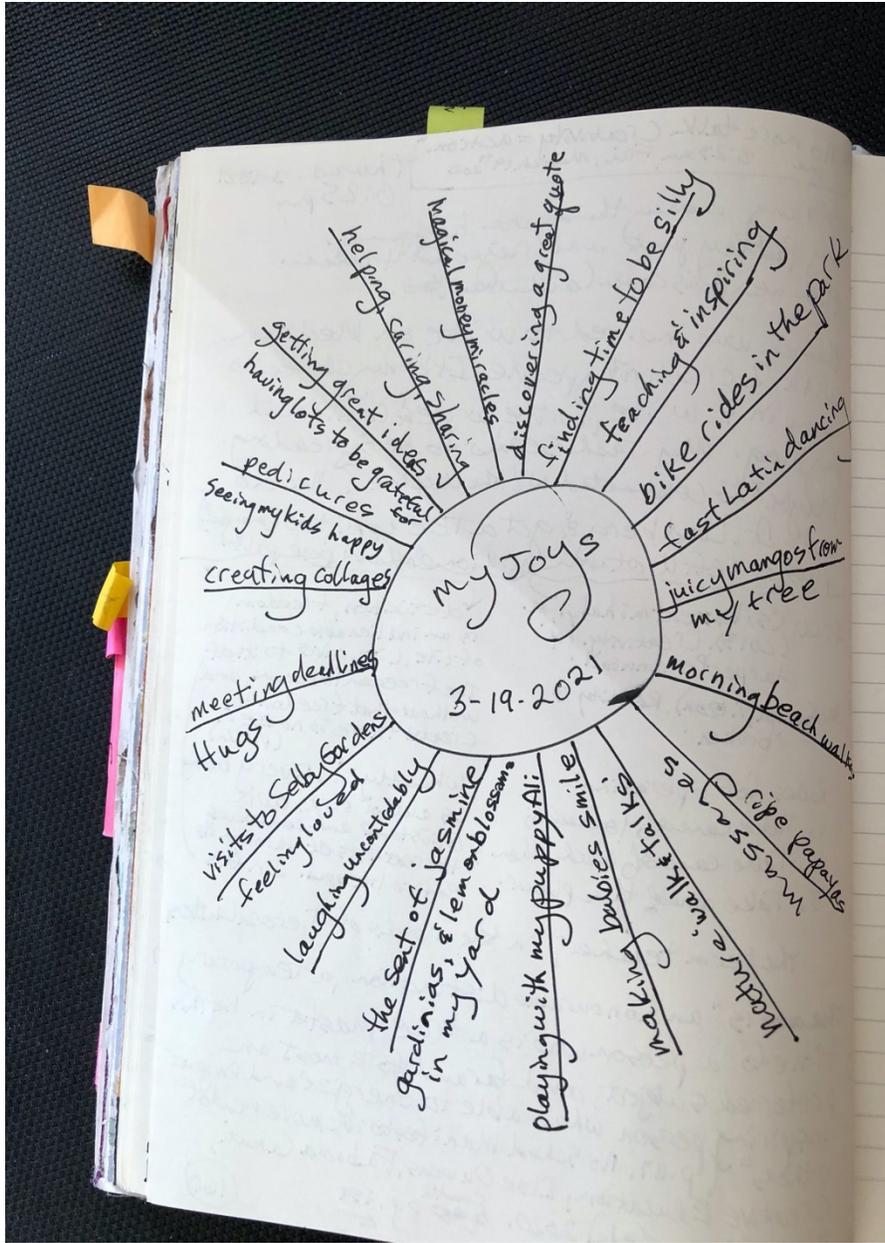
Guided visualization can also activate your joy power. Get comfortable, close your eyes, and imagine yourself living your 'happiest dream' right now. What are you doing? Where are you doing it? Who is there with you? Notice all the wonderful details. Take a mental snapshot of the scene and now imagine it ten times better. How do you look? Where are you now? Look at your surroundings? Guess what? You have been given the means to make your life ten times better than that. Before we go any further, are you starting to feel "it just can't get better than this"? That is common. Joy flowing to us is only limited by our imagination. Practice imagining more joy and you will achieve more. Your destiny is not limited by anything else. Remember that!

BONUS: Write a letter of encouragement to yourself from anyone you highly value – living or not. Imagine that person telling you how proud they are that you are living your dreams with joy right now. Sign it with love from them and drop it in a mailbox addressed to yourself. You were born for joy, seek and you will find it!

"Being born is the journey of a lifetime! We do not come here to trade our days for dollars. We come here with a mission, purpose, and passion it is our JOY to pursue. What is it for you?"

Marta Davidovich Ockuly

I've shared a simple joy mandala below. Have fun and create your own version of a joy mandala. Do this practice for 30-days. Let me know your experiences by sharing feedback on the CONTACT ME form located on the <https://www.JoyofQuotes.com> website! I look forward to hearing from you!



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