

Thoughts to Ponder

Joy, a Key to Enlightenment

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A Fountain of Joy

Joy is a fountain, spouting rainbows of light,
bringing the sunshine back into the night.
Joy is a chorus of music within,
like voices of angels singing a hymn.

Joy is magnetic, drawing each smiling face,
bringing together the whole human race.
Joy is a stream that gurgles and flows,
bubbling within from your head to your toes.

Joy is a whisper, both merry and droll.
Sensuous and sparkling, it tickles the soul.
It's the kiss of an angel, or the brush of its wing.
Joy is renewing, like the first touch of spring.

The joyous celebration of Christmas brings light and joy into the world, as did the Christ himself. Jesus emanated joy. Did he not say to his apostles, "My joy I leave unto you."?

Feeling joyous puts one into a higher vibrational frequency. It is a prelude to returning to a higher dimension. It stimulates love and harmony. Don't we all feel this during the Christmas season? The joyous proclamation of the angels to the shepherds in the fields put them in a mode of celebration, and that mode has been brought forth every year for the past 2000 years. There is a different feeling in the air during this holy season. The atmosphere of joy produces a softening of hearts and a sense of brotherhood.

This is true wherever people gather together in celebration, whether it be a religious or other cultural festivity. Joy brings out the best in people. Joy and laughter are essential to good health, as every organ and system in our bodies respond to this enlightening emotion. The smiling faces we see on the streets during the holidays literally light up the atmosphere, spreading gladness throughout the world. The synergistic combination of joy and light boosts the consciousness of mankind.

Therefore, we must resolve to live in joy. We can choose to be joyous. Being so is our gift to mankind as well as to ourselves. Joy is always available to us; it is our natural state. If we smother it with negative thinking, we are holding ourselves back. We do not want to be trapped in a third dimensional reality through a lack of joy. Our joy does not depend upon circumstances; it depends upon attitude. It is a choice. Looking on the bright side of every event in our lives is self-fulfilling, as is viewing only the negative. Joy is an uplifting emotion, one which can become a habit if we allow it to be. It is elevating and contagious. Be the bearer of joy and gladness and watch the effect it will have on the world around you. You will be amazed!



Build a Happy Christmas

Help make the Christmas merry
for everyone you meet,
and bring a cheery smile to all
as you walk down the street.

Though malls be loud and busy,
don't let them make you tense.
Just spread a little cheer around
and reap the consequence.

Each smile you toss to someone
will come right back again.
So sprinkle them where'er you go
and each time gain a friend.

The pressures of the season
can't hurt you if you bond
with every passing stranger.
Just smile, and he'll respond.

So spread the joy around you.
It is time to foster love
in this season for rejoicing
on the Earth and realms above.

If your family can't be with you,
embrace all those you find
and give your joy and blessings to
the family of mankind.

Poems from *Secrets Explored*
Books 1 & 2
By Jean Warner