



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

JOY

joy – *a feeling of great pleasure and happiness.*

Are you feeling like life isn’t exciting enough? That maybe you’re missing out on something because you just can’t get motivated for anything? Are you in a loop of negative thinking?

Negative thoughts are the plague of a joyful existence and it steals the life from your soul – the very essence of who you are! You can’t live in a place where negative thoughts are predominant and have any hope to really enjoy life. It’s one or the other — and it’s your choice. Do you want to think

negative — I can't do it, this sucks — or do you want to love life and do amazing things and get excited about everything? It really is a choice.

“When you do things from your soul, you feel a river moving in you, a joy.”

— Rumi

The Amazing Benefits of Joy

JOY FEELS GOOD

This may seem quite obvious, but some things can seem so obvious that they need to be said. If you have been having a hard time in life, you may feel that joy is so far away and beyond your horizon. What's so great about feeling good — in your body, mind and soul — is that it simply feels good! You feel complete and fulfilled and successful. And joy can get you there.

JOY MAKES YOU LAUGH MORE

How often do you see someone who is serious or sad laugh? Not often, right? Unless it's a bit hysterically. When you feel filled with joy you tend to laugh more. And laughter is contagious. So you and often those around you laugh more. As the saying goes, laugh and the world laughs with you, cry and you cry alone. Admittedly there are those moments too, when you laugh so much that you do have tears running down your face. Tears of joy.

Laughter that is deep belly laughing is really good for your body as it creates a massage effect which is really beneficial, and endorphins are released into your bloodstream. These are the body's natural pain relief and stress release. Your body is wired for joy!

And you feel better and good things show up easier in your life, because your vibration is more expansive and energized.

JOY ATTRACTS MONEY

Money follows joy. Joy does not follow money. There are so many intertwined and associated beliefs floating around out there about money and very few of them are linked to joy. Hold a joy party or do something fun and then money and other great things begin to flow in, with ease.

Feeling good, having a raised vibration and laughing a lot means that money cannot be far away, because that's how energy moves. Energy will always expand. And joy is expansive and a state of being receptive to all that is good in life. If you don't believe that, just think of how much energy it takes to remain grumpy. Then observe what happens with your money flow!

JOY IS HEALTHY

The effects of stress on the human body are becoming more and more evident. For so long, and still, stress is not “officially” recognized. The symptoms however cannot be ignored. So many people live with bad health and mostly they are miserable for it. Your health is your wealth and wealth means joy. When you are wealthy you are able to do as you please and hopefully enjoy yourself. There is an ease to life that may not be there minus wealth. You only have to catch a simple cold or flu to

understand the impact of not being healthy. Your body is amazingly resilient and strong and yet it can also be extremely fragile. Joy can turn health into wealth just like that!

JOY MAKES JOY

When you consciously choose to add joy to your life, you just enjoy life more and guess what, more joyous things show up. Everything in the Universe is made up of vibration so to have a particular quality show up in your life, for example success, abundance, health, you have to vibrate as that quality, so that success, abundance, health can match that consciousness. Joy raises your vibration and you begin to feel good.

Joy is expansive and feels like you are in love, all of the time and with everything, not just one person. It is a warm thrumming and sense of excitement at the beginning of each day and falling asleep with gratitude and appreciation as your last feelings of the day. For so many, living life this way may seem like a fantasy because we are so far removed from these emotion of lightness and vibrancy. Joy knows no bounds. There are simply variations in intensity.

JOY MOTIVATES

Often the opposite of fear is thought of as love – joy is a more powerful opposite. Fear inhibits and this is often felt as a heaviness or uncomfortable feeling. Some people say that fear motivates them. Perhaps yes, but where is the vibration around fear — high or low? Fear is more about moving away from a situation or other, rather than a movement towards.

Joy is a motivator. Joy is a sense of energized excitement and also a constant certainty. That everything is simply wonderful and okay as it is. Joy embraces and embodies love and peace at the same time. It's excitingly whole and very comforting. Joy inspires and motivates to have and do bigger and better, to see what other possibilities lie beyond this joy.

JOY INSPIRES INTEREST

Have you ever noticed how you are naturally drawn to happier people? There are just some people who are really pleasant to be around. They make you feel that everything in life is okay and that you are special. When you are living in joy, this is what you appear like to others. People want to be with you and they want to know what it is you have or are doing that makes you so wonderful to be around. The amazing part is that you are so filled with joy that this is really not important to you because you feel fulfilled and find everything interesting in your own right.

JOY CREATES CONNECTION

Joy expands and creates connection. The more you choose to have and be joyful, the more shows up, and very quickly. Even when not so great things show up in life, as soon as you think, where is the joy? Ta da, it is there. There is also a very strong physical sensation afforded by joy. Joy is actually a strong physical feeling. It really grounds you in your body and your body responds instantly with more energy and awareness. You are connected to higher vibrational fields.

JOY IS FREEDOM

When you get to the point of living each moment of your life with joy, regardless of the nature of what is going on in your life, then you are free from control – your own and others. Joy is extremely powerful and resilient in a very flexible sort of way. It sweeps up everything that it comes across and transforms it. There is very little that stands up against joy — not for very long anyway.

JOY IS YOUR NATURAL STATE

What this means is, you are meant to feel joy most of the time, it's natural. It's not like happiness, hope, or being positive, that takes work. Joy doesn't, because it's natural and organic. Once you choose to make feeling joy your priority, you will be amazed at how easily it starts to show up. As soon as you think of joy, the feeling is there. Your mind and body knows what it is! Isn't that amazing? Things like happiness seem so hard to connect to and yet even during really hard times you can feel joy. You can CHOOSE to feel joy!

If you no longer find pleasure in the things that you used to, you're experiencing an absence of joy, you are just one step away from rediscovering it. Do something about it!

The Art of Emotional Composure

When you find yourself in a place where nothing is exciting, nothing "tastes good" and your soul feels empty – the answer to changing that is truly at your fingertips! Refer to the **BASIC POWER TAPPING WORKBOOK** and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions. You can reclaim your natural state of joy and start living a more happy life!

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