



Inner Joy

Fellow spelunker's get your helmets with those attached searchlights out of the closet because you are going on another inner journey. A few weeks ago I asked you to take an inner journey in search of your inner truths. This week the search is to find your Inner Joy.

In order to find the type of joy we are hunting for we must first be able to recognize it when we see it. What does Inner Joy look like? How is Inner Joy expressed? So let's ponder this. Think of a time when you felt your heart open up, felt something indescribable welling forth and a smile develops on your face that is generated from deep inside you. It's the smile that when strangers see it on your face they can't help but send you a broad smile in return; their subconscious recognizing your smile for what it is and acknowledging it with a smile of its own.

Now, what were you thinking just before you started to smile? Most likely this was something you associated with your loving, nurturing, or creative self that temporarily raises your vibration levels due to the fact that this association expresses the inner depths of your soul. Internal AWE moments that catapult us into the present to enable us to experience the joy of being alive. This can be anything that sparks your flame of the joie de vivre and lifts you up to breathtaking heights. It brightens your spirit therefore opens up your heart to let feelings of joy come bubbling out.

There are many things in your life that brings you happiness but then there are the things that bring you feelings of pure joy. It's easy to discern what is happiness and what is Inner Joy by the way you feel. What are your passions that bring up those feelings? What makes your soul sing at the "top of its lungs"? (Some people call it bliss but I define bliss as peace intermingled with joy; it is a quieter vibration within the body). Inner Joy is exuberant; it's such a vibrational high you cannot contain it. You feel like something within you is bounding outside yourself.

Now let's journey a little deeper. Deep within this inner joy is a space, a Sacred Space. This is the most inner part of you; the part that is so unfathomably private no one can see nor penetrate. It is sacred and you protect it. Once in a rare while you may give a special someone permission to enter, but you do this cautiously. Why is this place that is so well guarded found deep in the core of your Inner Joy which feels so good when it is expressed openly? Somehow this doesn't seem logical. But this isn't meant to be analyzed logically. This place is so sacred because it is the feeling memory of your soul. So much is stored here that connects us to places and times that cannot be properly described by our mind's verbal connections. Try as we might the words are inadequate and cannot communicate the true vibrational information that it holds. This information is meant to be absorbed viscerally. This is not to say that it cannot communicate with the mind at all. When information is truly needed it finds a pathway to trigger a mental understanding at some level that can be comprehended. Even as I try to describe this to you I find myself struggling to do so. The description has a 'smallness' about it and cannot convey the magnitude nor importance of this place. Take comfort in knowing that it is there to support you and love you.

With Gratitude,

Kai