

Spring 2014

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The Art of Giving Joy

by Trish Lim-O'Donnell, C.C.P.

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"Mabel, will you play something on the piano that expresses mere joy, the genuine article, nothing feverish or like thorns under a pot, but joy that has decided in favor of the universe? It's a mood that can't last altogether, so we had better get all we can out of it.

She went to the instrument and struck a few chords while she thought. Then she began to work with all her soul at the theme in the last movement of the Nine Symphony which is like the sound of the opening of the gates of Paradise."

--E.C. Bentley (from Trent's Last Case)--

"Giving joy" is a simple, delicious, time-tested mantra which can provide endless joy, purpose, combined with an opening of your heart because you never know what an act of joy can bring you or the other person.

All too often, we wake up to our day keenly aware of our limitations, body aches and pains, past hurts and traumas, children's worries, goals we still have to achieve, money concerns, ongoing struggles in our relationships. How you pull yourself out of that human mire is uniquely you, your character, and how you have lived your life.

For me, the simple thrill of knowing I am an instrument of joy with the power to affect life provides sufficient fuel and thrill to get me going in the morning, no matter what. And if I so choose, I can bring happiness or give someone some sweet loving that they otherwise may be missing that day.

Getting older brings the accompanying ability to let go of things that stop joy from flowing freely. Getting older means acquiring wisdom that allows you to choose those who are going on the same journey as you. Those who are toxic to you, you can let go in compassion and love. Those who bring you trials but whom you love, you enter in willingly for the sake of your own spiritual expansion and theirs because we all need to grow. We grow because of this beloved earth we inhabit. Universal consciousness begins with you and me. It doesn't just exist in a good book for you to get a dose of inspiration when you need; it exists in you precisely so you might practice it for the good.

We lose track of ourselves, our in-synchness with our path, our internal barometer, when we get too wrapped up in our own malaise. The time-tested "giving joy" theme or mantra can serve up a huge blast to that



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self-serving "woe is me" block that has allowed you to forget who you really are and possess tremendous power, if you choose to let it.

Giving joy doesn't have to sound too spiritual to attempt if you can understand we are social beings; we can't live isolated from others. Our large chunk of happiness comes when we give ourselves and our hearts away. We don't get happier through shielding our hearts from feeling for each other; we get healed from past hurts by risking our hearts and speaking our truth clearly, quietly and freely. We risk ourselves because we want to have a different conversation that may set us free in the process.

The act of giving joy or giving love--whichever works for you--is simple and free. It will keep on giving itself to you, meaning it will never run dry on you. We are parts of a whole, the whole of mankind. We need each other to heal and to grow with. If you care to practice this with a sweet bravery and a large dose of lightness and fun, I can assure you that joy--the genuine article--is yours now and forever more.

Trish Lim-O'Donnell, C.C.P., is a certified life coach practitioner and E.Q. Music recording artist with 28 years of personal and professional life coaching experience. For further information about her life coaching services, visit www.trishlimodonnell.com

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