

A NOURISHMENT CARD

40



Joy

PRESENT CHALLENGE

*Experiencing inner freedom and the expectation of positive occurrences.*

You have drawn this card because you want to feel free and released from burden. You may feel that you always did what others wanted and played by the rules as others set them. But now you realize you've sacrificed a great deal of your own creativity and individuality and have been afraid to tackle some of the things you might have wanted to try. No longer afraid of failure or the judgements of others, you are ready to spread your wings and discover qualities, abilities, and inner strengths that have been trying to emerge.

You have drawn this card because you are being guided to continue to believe in yourself and to seek success as it is emerging in your life, often in unexpected and unforeseen ways and events.

ANGELIC MESSAGE

Joy

*Joy is closely aligned with freedom because the joyful human being experiences life's fullness and nurturing even through disappoint-*



ment, anger, anxiety, or loss. Joy is an internal state of being, one that emerges from a profound belief in the sacredness of life. If you are moving into joy, it is because you have accepted that you can risk. Whether or not you succeed in the terms you imagine, you have succeeded in the eyes of the Universe. When you risk saying, doing, or expressing your own essence, you become renewed even when you are initially uncomfortable or afraid of being vulnerable or feeling exposed. You are moving into self-love and confidence.

Joy is the natural state of the spiritually-ordered person. Joy is the inner understanding that all things are held in the loving embrace of God and the angels and that a meaningful explanation and/or learning will emerge that will ultimately benefit us all.

Joy comes from all of the company of heaven who sing your praises when you rise to an important occasion and invest in others emotionally because you believe in yourself. You are mortal for only a moment in time, and each of these moments, though brief, has a purpose: to deepen your acceptance of life beyond physical life.

Here is a prayer from a human heart; perhaps you will recognize your own feelings in it: "Dear Heavenly Teachers, allow me to believe in the rightness and goodness of life even when I see too much of the opposite. Permit me to bring love into the world even when my first response is to doubt love. Accept my life as a means of service to the Universe so that joy may abound on Earth and within each living thing."

### SPIRITUAL OPPORTUNITY

You have drawn this flower image to encourage the awakening of love and joy in your life. You are being guided to believe in yourself and in your dreams because you are entering a powerful and extremely positive period in your life when you will see some of your deepest desires come to fruition.

The deep pink and rose of this flower image shows you that when you believe in love and accept life's lessons as teachers, you ultimately gain in wisdom and contentment. This card is one of the cards of Nourishment because it comes to reassure

you that you are being reborn into a lasting relationship with joy. It is a healing card and can be used to further your own physical healing and to transfer healing energy to others. Breathe in the essence of joy you feel after reading the guidance offered through this card. Then, as you breathe out, repeat the name of the person, yourself or someone else, whom you wish to receive this powerful energy.

### APPLICATION

Practice feeling joy. Look in the mirror at your mouth and expression. What do you see? Are the lines in your face set in the patterns of tenderness, good humor, and compassion? Move your mouth and expression into a frown to reflect worry, concern, frustration, and anger. Which expression are you more familiar with?

Life can offer you no inner peace until you determine to accept it for yourself. Tomorrow will be no different from today. In this moment lies the opportunity to peel off the layers that burden you and accept your natural state of joy. Write the word "JOY" on a piece of paper and put it in your pocket or purse. Carry it with you as a reminder of what you are choosing. Rather than remaining hostage to life's changes, expect understanding and continued joy to flow to you—and it will.