

Seek Joy Today

by Veronica Hay

*Let JOY be a bigger part of your life today.
Seek it out.*

*Look for it in the cracks, in the crevices,
in every little nook and cranny.*

*Immerse yourself in its wonder. Feel its power.
Let its light embrace all that you are.
See it coming around hallways and opening doors for you.*

*Play with it, cajole it, caress it.
Surrender to its impulses.
Succumb to its temptations.*

*It will not steer you wrong or lead you astray.
Walk with it, talk with it. Let it lead the way.
Make it real for you.*

*It is always wanting to show you what is possible.
It will bless and heal your body in ways you had not imagined.*

*It sleeps in your soul. Awaken it.
It knows the secrets of your heart,
the ones you are not even aware of yet.*

*Let it tickle your fancy, pinch your funny bone,
restore peace and ease to your day.*

*Share it with those you come into contact with.
Even the ones that annoy you.*

It will pave the way for riches and mend your broken heart.

*It will whisper ancient truths into your ears.
And you will begin to remember why you came here
and how much you are needed and loved,
especially in these troubling times.*

*It is your friend, your confidant, your long lost lover,
come home again to steal your heart.*

Welcome it in NOW!



*You have my permission
to send this pdf file
along to everyone you
know who is in need of
some hope and inspiration.
Thank you for helping to
spread the word.
Love and blessings,
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