

From Judgment to Joy

So much of our time and energy is taken up by mental or verbal agitation, frustrations caused by seeing ourselves or situations as either “good” or “bad”, “right” or “wrong”. The stronger those feelings, the more we turn ourselves over to them and in doing so we relinquish our joy. Joy comes from:

1. Recognizing that our individual perspective is not the only way to see things and being okay with that reality.
2. Understanding that by letting go of grudges we free ourselves to live the rest of our lives in happiness.
3. Having compassion for all mankind and looking beyond differences and gossip.
4. Choosing to remain optimistic and allowing our positive thoughts to rise above doubts, propelling us to find opportunities and solutions when challenged.
5. Practicing self-forgiveness and accepting past decisions as part of ourselves from different moments in time.
6. Focusing on the issues and situations over which we have control rather than getting stuck in “should” and “if only”.
7. Realizing the need to do things differently and stepping with hope towards change.