

7 WAYS TO GENERATE JOY:

Some thoughts on ebullient living

1.

Have a spirit
of gratitude
& curiosity

2.

See each event
as a spiritual message

3.

Consider yourself
a temporary custodian of things –
not as an owner

4.

Observe how
inner and outer events
mirror each other

5.

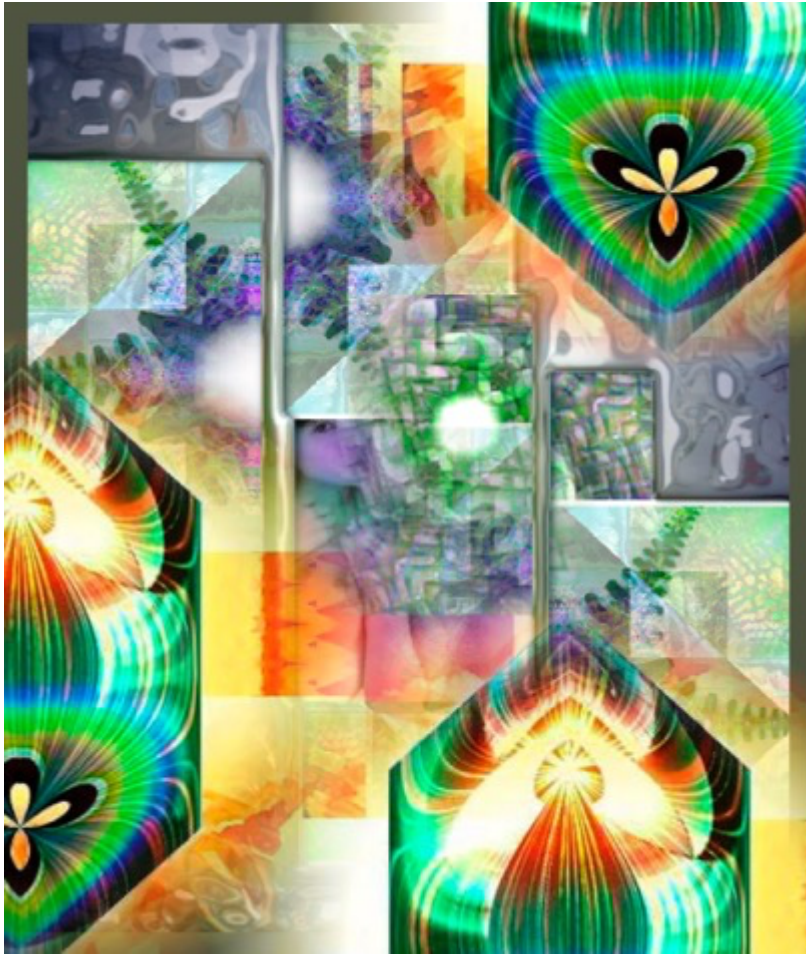
Creatively
time travel
to
appreciate
this moment

6.

Focus on the big picture
& details will eventually
fall in place

7.

Remember what's more
important than joy
and focus on that,
then regard happiness
as a incidental adjunct.



Noel : (raising his eyebrows) So what was the hullabaloo in this book all about?

Tara : (shrugging nonchalantly) We may never know.

Orapan : (with hesitation) Some of the poems were uplifting.

Gwen : And I enjoyed some images.

Tara : (with a wry smile) Isn't that enough?

- T Newfields

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