

RECIPE FOR JOY:

A Prescription for Happiness

**a little less dogma
a little more open heart**

**a little less fear of failure
& willingness to make fresh starts**

**a little less worry about outcomes
& more dedication to live like art**

**a little less obsession with perfection
& more realization that things fall apart**

**a little less intellectual arrogance
a little more childlike discovery**

**our planet needs a revolution of values
& willingness to shift priorities**

**joy is not unattainable or complex
once your beliefs & actions intersect**



Will : As long as we focus on *recipes* for joy, we'll never find it.

Kasim : Indeed – by definition recipes reduce spontaneity. And spontaneity is a component of joy.

Nadia : Perhaps humans need recipes to be spontaneous? Going through a few preliminary formulas gives most people permission to relax at the end – and relaxation is necessary for joy.

- T Newfields

Beg.: 2004 Ladakh, India ☆ Fin.: 2016 New Taipei, Taiwan

