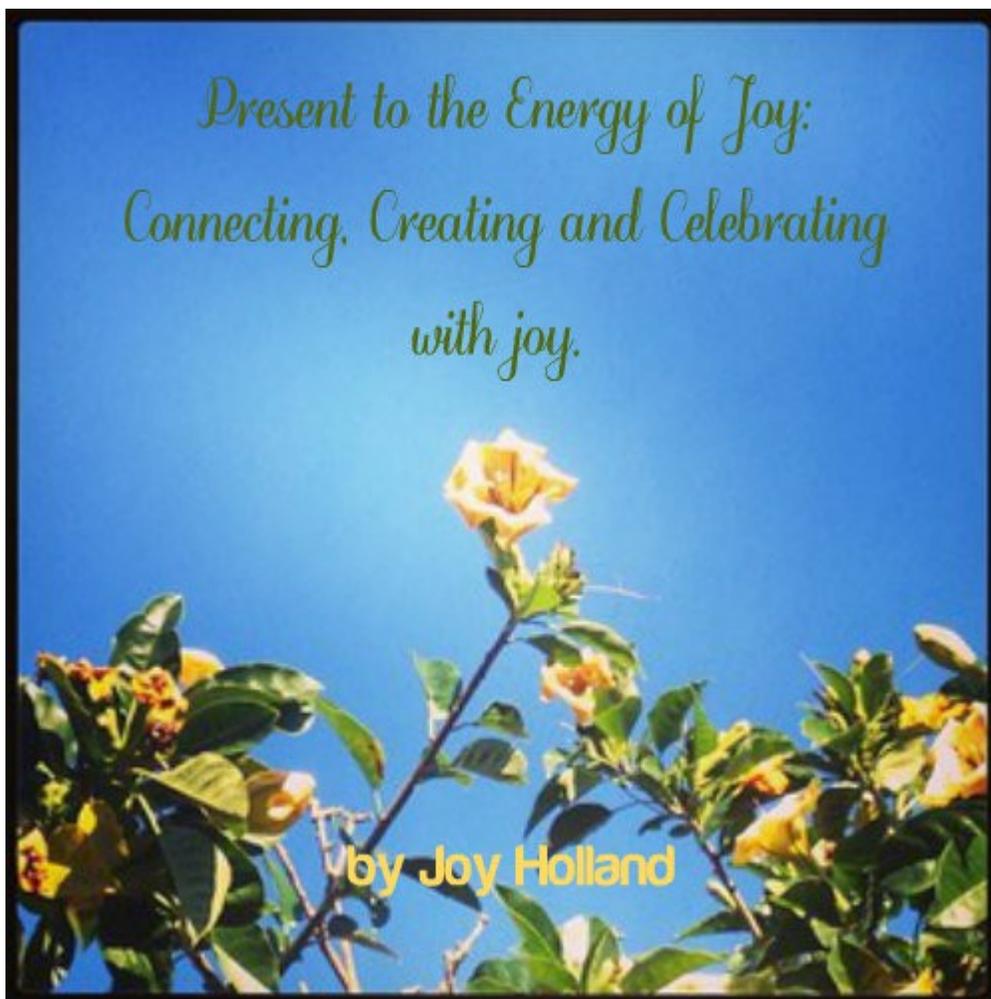


*Present to the Energy of Joy:  
Connecting, Creating and Celebrating  
with joy.*

**by Joy Holland**



## **Present to the Energy of Joy: Connecting, Creating and Celebrating with Joy**

by Joy Holland

**Warning:** if you choose to open your heart to experience the energy of joy in daily life *and* to invite that energy of joy into each space in your life....**you will most likely experience:** synchronicity, inner peace, naturally overflowing creative expression, genuine heart connections, ease and flow, unexpected delightful surprise, energetic and material abundance, bliss, love and gratitude.

You may also experience a reality quite different from those around you as ***you feel freedom, expansiveness and fulfillment while moving through your day.***

**This is an invitation to experience the full depth, range and magnitude of the gift of joy in your life.**

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## An Introduction to the Energy of Joy

**One of the most frequent questions I receive from clients is:**

*“How do I feel joy when: my heart feels tender/my to-do list is very long and I just don't have the time to complete it/I just lost my.....(insert recent loss here: best friend, job, home, good health)/the sun hasn't come out for days.....”*

**My Answer:**

**Joy is an infinite energy; when you *allow* yourself to feel it, you will.**

Allowing yourself to feel the energy of joy **is a choice to:** create instead of react, connect instead of withdraw, draw into your space enlivening energy instead of deflecting opportunity and abundance.

**Step one:** Make a choice ...to fully participate (be present to) that which is wonderful and 'good' in your life. It can be as simple as saying “I choose joy”.

**Step Two:** Place one hand on your heart. Feel your heart beat. Take one deep, cleansing breath – filling your cells with fresh air, feeling your heart beat as you choose to take a moment to notice the miracle of your being, here, in this moment. In this moment, you are connecting with Source Energy – regardless of external variables or internal beliefs. And *that* is a seed of joy – from which you may choose to create your life, when you wish.

Now, I understand that the energy of joy requires that **you open to receive - and also to celebrate** - which is vulnerable space for many. I ask that each time you choose to open to receive and/or to celebrate that you thank yourself for your choice.

**I also understand that many people are not familiar with the feel of infinite possibility and of ease and flow in daily life.** So, it could very well be that you choose not to experience the energy of joy or to read the rest of this guide or to try the practices. That is okay. You know that you have a choice – and I honor that choice. May you also know that you may choose again, any moment that you wish.

In my personal life, I am fascinated with the idea of fully embodying the energy of joy. It's wonderful to feel this energy 'out there' on the yoga mat, in nature, in a lover's arms, meditating at ocean's edge at sunset. But...**when we can bring the energy into our bodies – inviting joy into each space of life – we naturally shift into peace and possibility.**

**Peace in daily life often means:** refreshing sleep, enjoyment of our day, fulfilling connections, fun experimenting with creative expression, overall whole-body wellness. We no longer wish to 'be somewhere else, doing something else, with someone else” - **we love being right here, living life, as we are, as it is.**

What I love about shifting energy with joy is that *external doesn't have to change* (the thought of external changing is something many people fear and often feels so overwhelming that it becomes a barrier to desiring, dreaming, manifesting, exploring). But, when you feel joy, *external may absolutely shift to align with what you are feeling*. **You may find yourself in meaningful, fulfilling experiences** (and what you are not feeling while in those experiences is: doubt, fear, mistrust, less than, little because you are so busy experiencing joy).

**It is my wish that this guide peaks your curiosity to experiment with joy and inspires you to play with the energy of joy and invite it into at least one new space in your being and/or life.**

I will say this: joy might feel wonderful but it is not at all about 'perfection'. As you read through this guide, the energy and practices are Universal, any typos or errors are mine. May you look beyond what is presented, to allow yourself to feel the meaning.

Please feel free to share this resource with anyone you know might enjoy the material.

If you have any questions, please email me at [joy@facetsofjoy.com](mailto:joy@facetsofjoy.com). I appreciate any feedback, comments, and reflections that you have about this document, or the practice of presence.

If you wish to explore further, please browse my site for current services available ([www.facetsofjoy.com](http://www.facetsofjoy.com)) Facets of Joy.

Much peace,  
Joy

## The Gift of Presence

**Thank you for your presence to the exploration of the energy of joy!**

**As we open this experience together, may our minds consider the ideas as our hearts celebrate the connection. Thus, any movement is from a centered, empowered, 'whole-body' space.**

**Let's talk briefly about the idea of presence.** Choosing to be fully present is bringing your attention and awareness to this moment that you are currently in. As you concentrate on the 'now', you are not concentrating on past associations, expectations, judgments – all of that *naturally falls away* (can you feel the peace in that?). As 'potential barriers fall away' what is left is vulnerable space (and infinite possibility). What we can feel in vulnerable space is....*everything*.

It is important for you to know then, if you are going to trust me as your temporary guide into a space of joy, that **I center into love and gratitude before I bring my presence**. May you notice that I opened this experience together with gratitude - "thank you for your presence". And, I will close our experience in the same way.

*Why?*

Because I am truly grateful for your presence. What have you done to generate that gratitude? You have chosen to be present – which is a choice of connection. And, I celebrate that. See? I am feeling joy, simply because you are present!

**So, then...what is the greatest gift we can give someone? Our presence. (What is one gift we often save 'until later' .....our presence....hmmm.....)**

**How can we share the energy of joy with someone? Simply be. Here.**

**Now you can see how powerful and healing the gift of presence and of joy can be.**

## How Joy Naturally Flows From Presence

(This section is an excerpt from a guide I share with clients “[Sharing the Gift of Presence to Magnify Your Inner Brilliance](#) – Techniques to Cultivate Presence Using the Tools of Gratitude and Love”).

**As I share the gift of presence, it is my approach to apply presence with self first.** When I have “mastered” the techniques with self, I then apply the practice to others, then World. The general idea behind this flow is that when I am centered into full presence with self, my “needs” are met so that *when I share with others, it is from this overflowing well of abundance.*

**I am sharing with pleasure because I do not feel ‘something is being taken away’; I am sharing with joy because the interaction is spirit enlivening to me.**

One might already feel how transformative this practice is; **to be fully present for the sheer joy of the interaction is to naturally release the idea of obligation and responsibility.** From such a space, we connect because it feels wonderful, we serve because we are able and willing, we create because we enjoy the process....not because we “feel we have to”.

**Thus, we are cultivating a life of ease; the “effort” is the inner work that we do in order to be fully present, the joy is in the connections and creating.**

Full presence allows us to experience the wonder of creating from this centered space, instead of the exhaustion of consistently reacting to something external. This minute switch in perception already allows us to feel empowered. Without changing external, we have accessed inner peace. Joy naturally overflows from peace.

## Simple, Joyful Celebrations

....*and* peace naturally overflows from joy.

As you can see and feel, this work is not linear as in step A lead to step B leads to step C. It is cyclical – as in we choose to celebrate the steps we have just taken (in this case, celebrating all you have read and processed so far), which opens our heart space, which inspires us to take the next step. We keep celebrating, *and connecting and creating feels fun* – even if we are stepping into new/unfamiliar/potentially vulnerable space.

**Our bodies tend to naturally react to new, unfamiliar, potentially vulnerable space; however, when we are celebrating we are not reacting! Thus, joy brings peace. And when we feel peaceful, we are inclined to explore depth and range (opening) which then brings more possibility.**

**What are some 'joyful ways' to celebrate as we move through daily life?**

**One of the most powerful ways to celebrate is to say 'thank you'.** And then, to ask your body how it would like to celebrate and to spend a few moments celebrating as your body asked you to. Some ideas: fresh air, some sort of physical movement that you enjoy, rest, time in nature, reading something delightful, eating something fresh, listening to music, playing with creative expression just because you can (for example: painting, writing a song, playing an instrument, doing a few yoga stretches with an intention of pure enjoyment). The duration of the celebration can be a few moments or all day – it is truly the action of celebrating that matters (not necessarily the time).

**If you wish to celebrate with another, may you remember to ask what your being would like, what their being would like and co-create the celebration.** Notice I did not say “compromise” - rather, co-create. This means that you include an element that you enjoy and the other person includes an element they enjoy; in such a way you are fully celebrating each others presence as well as the steps you have taken (individually and together).

## As we move along, let's consider the energy of joy.

Each word that we use is a label; with labels, we have associations and meanings. Understanding our own associations and meanings (without judgment) allows us clarity in regards to possible patterning - the ways in which we move and think. This awareness opens our space to possibility. (Can you feel the ease in this process?)

### For you to consider:

1. What does the energy of joy mean and feel like to you?
2. Is the energy of joy familiar and comfortable to you or something unfamiliar, perhaps uncomfortable to you?
3. What is your personal experience with the energy of joy? Is this energy in every day life, in special occasions, in specific circumstances, or not in your life at all?
4. What is the experience of joy that you have heard about from family members, friends, loved ones, associates, peers?
5. Does the energy of joy feel light or heavy to you?
6. What color do you think and feel the energy of joy is?

Please remember, there are no 'right' or 'wrong' answers. And, if you ask yourself these questions in the future, your answers may (most likely will) differ. The idea is to understand what you think and how you feel, so that you may see if there are any potential limiting beliefs that might act as a barrier to flow. We don't wish to judge, we simply wish to understand.

**You may use this technique and these questions with any energy you are exploring.** (You may substitute 'gift of presence' for "the energy of joy".)

It is ultra-common to discover that our experience of an energy is conditional and that we tend to save the experience of it for a special occasion / when we have 'earned it'. **If you wish to bring that energy into every day life, you would begin with small doses, in 'easy' ways so that the energy and working with it becomes familiar and comfortable.**

## What We Focus Upon Grows

What we focus our awareness, energy and attention upon grows.

Energy that nourishes, enriches, encourages, inspires – joyful energy - thrives in spaces that are open, accepting and appreciative.

**To physically open space for joy, I clean. To energetically open space for joy, I use affirmations and practice gratitude, with love.**

*The 'best way' I know to clean is to celebrate! The 'best way' I know to open space is to....celebrate! Then, I am naturally grateful for, and loving, the moment – so I am fully present to all that is in it.*

(You see how these cycles all work together? It can be pretty fun, when we allow it to be!)

**Please note:** cleaning with joy is a wonderful way to set the energy in your space – your physical home, your mind, heart, body, physical creative studio, car, kitchen.....Instead of a 'chore', cleaning is a powerful energetic practice.

**I would like to be very clear – living a life of joy is not about ignoring or avoiding pain, nor is it about attempting to celebrate pain (or painful experiences). We spoke earlier about the idea that living in joy is living from potentially vulnerable space where *one feels everything*. Part of feeling everything includes energies of sorrow, uncertainty, pain, hopelessness.**

**I am inviting you to stretch with me for a moment, please.** Most people don't wish to feel these energies because *they fear the reaction to the energies*. What if you didn't fear the reaction (because you knew you had the choice to create?) and could allow yourself to fully feel the energy that was present? You could then feel peace, even while in an energy some label as 'bad'.

**If you stretch a bit more with me, please?** While you are feeling that energy, if you could understand that being fully present to it is a heart-opening *and* in that newly opened heart space is a more magnified ability to experience fullness of life – including peace and possibility. The joy, then, is not in the potentially heavy energy or experience – *it's in the peace and possibility as we open to feeling the experience*. It's in the heart-opening.

**Again, as we invite joy in, we are not feeling fear – can you feel the shift in that? We did not change external nor did we attempt to shift energy, we simply made the choice to open to (and through) the experience.**

**One way that I invite joy into any experience is through the use of affirmations, such as: “I am fully supported by Universe”; “I trust in the unfolding of life, with love and gratitude”.**

The affirmation 'works' because I believe it and also because I am connecting with source energy and affirming my trust – which opens my heart, even in the most challenging of situations, very empowering/powerful stuff! To be clear, I am not attempting to 'spin' a potentially painful situation - even in the most raw experience, I am ultra-grateful to be alive, and that joy is part of the strong current I lean into and 'float upon'.

**When in a storm – our choice to live in joy *does not mean we are celebrating the damage left in the storm's wake*; it means we are celebrating the gift of the moment, bringing our attention and awareness back to the intimate exercise we did at the beginning of this guide...putting our hands on our hearts and feeling that beat, then breathing in.**

## Manifesting with Joy

What I have learned about energy movement is that the energy of joy is excellent energy for manifesting, creating, connecting, healing and growing, with ease.

Meaning that when we choose to celebrate the gift of this moment, regardless of external, joy is naturally amplified through the celebration.

If what we focus on grows and we continue to focus upon energy that enlivens and enriches – we continue to open energetic doors. **Energy naturally draws to it resonant energy – so as we celebrate we draw into our space ....\*more\* to celebrate.**

We are *not manipulating external* (which can be exhausting), we are affirming trust, understanding patterns, and choosing to create as we open space....drawing to us more to trust, patterns that 'work for us' and experiences that are joy-filled.

**The challenge is that it sounds easy. (It can be, when we allow it to be!).**

## Joy and Material Possessions

You may notice that I did not specifically mention physical, tangible items in this exploration of joy.

**I want everyone to understand that joy can be experienced as we are, in this moment. We can then build whatever we wish, upon that understanding.**

**Material items can light our hearts.** We are physical beings in a physical world. There is absolutely nothing wrong with celebrating material items – *the potential pain is not in the material item* – it is in the judgment of ourselves (and others) for desiring and enjoying material things.

Because a person has less material possessions does not necessarily mean they are more or less joyful than a person who has more material possessions. And the person with more is not necessarily more or less joyful than the person with less. As with energy, the material possessions only hold power we give to them.

When I am feeling full joy, I can celebrate material things with ease, love and gratitude. I love clothes that fit well and feel wonderful on my body. I love food that is fresh and delicious – fresh produce and dark chocolate and lots of ingredients to mix them with. I love sailing and kayaking. I love full body massages and spa treatments. I love finding the most 'perfect gift' for a loved one – something that lights their heart – and having the ability to invest in them in a physical way that amplifies the energetic support I share.

***Joy isn't at all about 'shrinking in or down' it's about feeling the freedom to fully be. And part of that 'being-ness' is physical.***

**As you explore the energy of joy – may you allow yourself the experience of full joy, in all realms and spaces of being.**

## About The Author

**My Un-Official Bio:** I love life and live each moment to the fullest. I lived on a boat with my two young children for five years, having just moved to land, I am re-discovering my local hills and farmland-thus, the daily reflections of organic growth, abundance, and flow. The ocean is my backyard, the sky my ceiling, the hills my “walls”; my heart knows love to the 'nth degree', my being celebrates all that is in my life. I can share these concepts with you, not only because I have studied extensively, but because I live them fully.



**My Official Bio:** Joy Holland is a love spinner and reflector of light. As an empathic intuitive, Joy shares practices of presence and energy movement as she guides those who choose to walk a heart-path into experiences of peace and possibility through connection and creative expression. As a mother of two teenagers she revels in family connection and applying these practices in daily life. Joy’s web ‘home’ is [Facets of Joy.com](http://Facets of Joy.com).

**Thank \*you\* for your presence! Your time is valuable and I appreciate that you chose to spend a bit of it together! If you do choose to invite the energy of joy into your life; I would love to hear about your experiences!**

Much peace,

Joy