



Beloved
PUBLICATIONS

My Beloved One,

With these words, I'm offering you the guidance and energy to expand your sense of inner joy and well-being in your day-to-day life. I know that each day you face the choice to focus on your faith in love, yourself, and the divine or your faith in fear, doubt, and suffering. Some days it's a mix of these things, but my offering to you today is designed to keep you focused more often in the former and less often in the latter.

The suggestions below are simple, easy to implement, and won't take up much of your time. Two essential ingredients are necessary for these to support and expand your joy, one is consistency, the other is willingness. Applying these each and every day is the secret formula for success.

Please don't try and start them all at once. Choose the one that seems the easiest and start there. Practice it each day or throughout the day depending on what it is and after 2 weeks add another, then another until they've all been integrated into your life.

If you're willing to make the effort, I'll take care of the results. I'll bring you what you need to support your expansion into joy. Call upon me and include me in your daily thoughts, together we can do anything.

I love you and know that I'm with you always.

- *Mother Mary*

Mother Mary's 10 Best Ways to Flow With Joy:



Me Practice



Self-Honesty



Sleep & Rest



Nature



Physical Self-Expression



Fun & Laughter



Support



Kindness



Connection & Communion



Service



Me Practice

The first thing I encourage you to do to cultivate more joy is a Me Practice. Some people may call this self-care but I prefer Me Practice and I'll tell you why. Self-care, fulfilling your needs and desires, finding and doing what lights you up has become highly commercialized. Many of the things you're being asked to purchase, use, participate in can sometimes be the opposite of self-care. You may know from experience that a spa treatment or a weekend getaway will feel good, but it can also, in fact, create more anxiety and fear because you're experiencing financial difficulties and that massage, while it felt great did not provide the blinding flash of inspiration needed to solve your money troubles. Do you see?

A Me Practice is the process of taking small actions each day that will help you be kind to yourself, to end punishment disguised as self-care, and give you the structure you need to show up for yourself and others without so much fear. Your Me Practice could start with the small commitment to floss your teeth every night or walk around the block once each morning or start saving for your old age even if you're already there. A Me Practice isn't flashy or glamorous but is steady and dependable and ultimately builds a safe foundation from which you can soar!

Please don't berate yourself for being someone who needs to practice being kind to yourself. Don't tell yourself it should come naturally. Because if it did your world would be a different place.

The essential component I encourage everyone to include in their practice is meditation. You can sit still and breath, chant, follow a guided meditation, dance, lay down on the ground and commune with Mother Earth, sit under a tree, do Yoga Nidra, Laughter Yoga, or any kind of yoga, journal, try automatic writing, in short anything that quiets your mind and makes room for more of your glorious Self to emerge and provides the experience of peace within. Once your Me Practice is integrated into your life, the support it gives you will make it easier to know what is self-care and what isn't in the moment and the courage to take loving actions. And that is a recipe for joy!



Self-Honesty

Self-honesty isn't something most people associate with joy. Yet I tell you Beloved One, it is one of the keys that open the door to joy every time you're able to do it. Honesty with others is important, being honest with yourself is critical. Joy doesn't survive well when denial, rejection of Self, or hiding are in abundance at any given moment. At the heart of it, joy thrives when authentic self-expression abounds.

Here are a few suggestions to help you become more honest with yourself. Abstain from complaining and gossip. Both have a highly corrosive energy that affects your heart and anyone who is mentioned. Don't confuse processing an issue with or about someone with gossip and complaining. One is a constructive, loving action used to let go of any anger or resentment you're carrying, the other two feed your resentments so they continue to block your flow of joy. Begin by just noticing the difference when you're taking constructive *action* by working through a problem or just cycling through it again and again with gossip and complaining as your go-to *reaction*. Make small changes. When you become aware of yourself complaining or gossiping, ask yourself these 2 questions, "Is there something inside myself that I'm trying to cover up with this behavior?" and "What action can I take right now to increase my self-honesty?"



Sleep & Rest

Sleep and rest help support the flow of joy. Have you ever noticed what happens when you or someone you know isn't getting enough sleep or rest? **CRANKY!** When you experience even a low-grade feeling of being cranky or frustrated for no apparent reason, joy gets pushed farther and farther down inside you. And that low-grade frustration can snowball until you feel hurt and build resentments more easily.

Let me clarify what I mean by restful. Even though most people in your world believe it's so, watching TV or videos, spending time on the Internet, playing video

games, or reading books are not restful activities. They are designed to engage your body, mind, and emotions. You're supposed to engage, get wrapped up, have an experience. None of these things are unhealthy unless you spend too much time with one or many of them. But when you need to rest, open yourself to the possibility that those things aren't going to produce rest, unless, for example, you're listening to peaceful music or a meditation on the Internet.

Cultivate a practice that is restful. Commune with nature in such a way that you can actually feel your nerves relaxing and smoothing out. Try easy meditations that guide you into rest and/or sleep. Yoga Nidra is a fantastic practice that promotes rest by unraveling all the tension inherent in your central nervous system. Make sure you get enough sleep for you. Experiment. If you're only sleeping 5 hours a night without a 2-hour nap during the day, don't fool yourself into believing that it's enough, especially if you were born with the female sex. 7-hours per night is a healthy *minimum*. That isn't to say that you're not the exception, there are always a few but make sure you are instead of convincing yourself you are because other forces inside are driving you to get more done! Try sleeping longer for one month, then go back to less and see if it made a difference. I promise you it will be worth figuring out what the right amount of sleep is for you.

Now would be a good time to refer back to my second suggestion of honesty. You may be unaware of the damage being done to your body, mind, and spirit without the right amount of deep, restful sleep for your unique Self.



Nature

Communing with nature receives its own section because it's that important! I suggested it as a way to help you relax and cultivate a more restful life, but now let's go deeper into nature and your vital relationship to it. When I use the word nature, I'm referring to the whole natural world, what exists on the planet and a few miles below the surface and all the way up until you leave the earth's atmosphere. Because humans are sentient beings it's easy to go along with the belief that you're apart from or superior to nature. That somehow this is your planet and you're in charge. But the fact is that you're an equal part of the entire ecosystem. You're no more or less important than any other part of it.

When you set yourself apart you isolate yourself from a connection. When you're connected you have all the support you need to live a healthy balanced life. When you live as if you're separated you don't. Nature is a vibrant presence in your everyday life. It has the power to change your life in a positive way. It's understandable to have some healthy and not so healthy fears about nature as it is what causes all fatalities in some form whether on a microscopic level, person to person, bodily deterioration, or natural disasters that claim the lives of many all at once. This is the natural cycle of life because you've never been separated from it, only ever fully one with it.

Start to spend more time out in nature not just passing through it but communing with it. Go for a walk and empty your mind of thoughts by engaging all your 5 senses. Really see and hear what's around you, feel the air on your skin and the ground beneath your feet. Find a tree that you're drawn to and rest your hands on it and breathe with the tree. None of this requires thought or analyzing, just doing and feeling. Lie down and breathe with the earth. Let yourself finally accept that you're one with the whole ecosystem. Let nature itself educate you on what that feels like to be one with all. Take it slow. Try something new when it feels right to do so but keep in mind that you're developing a relationship with nature.

It doesn't exist to serve you exclusively but rather you exist to serve each other. This goes far beyond recycling and into the realm of embracing your whole Being. What you'll discover is amazing support you never imagined you could have but that's been there the whole time. You'll easily want to serve nature in whatever way you're called to do so and best of all, you'll feel the deep joy of embracing your true place in the natural world. Nature will welcome you home and joy will be waiting there for you.



Physical Self-Expression

Physical self-expression is a very important element for joyful living as a human. No matter how connected you feel yourself to be with your feelings and your spiritual Being, you are a physical being first and foremost. Everything you experience filters through your brain and your nervous system then registers in terms of a physical experience.

Hairstyles, clothing, jewelry, and tattoos are all body art. Do you adorn your body in the way you truly wish to or do you repress this form of self-expression because you fear what others will think of you? Or maybe you've never given it much thought. Give it some now. Feel out this particular form of physical self-expression and see if you'd like to get a bit more creative or these things genuinely don't matter. That's fine too.

The next form is body movement. This is critical for the channel of joy to remain open. But here's the tricky part. Your joy doesn't respond well to punishing physical routines that are no fun and tedious. Physical self-expression for health isn't enough to experience joy. It can give you a sense of well being as a result of improved physical health and that's a very good thing to feel but the joy flows when you're moving your body in a way that feels joyful. Open yourself up to your heart and soul and let your inner child help you discover the ways your body longs to express itself. Some new ways might be belly dancing, yoga, hiking, cross country skiing, Tia Chi, ecstatic dance, swimming, intuitive movement in silence or with music, walking, running, rock climbing, or jumping on a trampoline.

And the last physical expression is the most important and that is your sexual self-expression. As a sexual animal, learning how to express yourself sexually is critical to your mental, emotional, physical, and spiritual health. So many things that relate to sexuality are out in the open with less shame and fear in a way they haven't been in thousands of years. You live in a very exciting time! Take the time to explore your needs and desires. Do a bit of research and discover the extraordinary health benefits orgasm and sexual satisfaction can bring. If you struggle deeply with sexual self-expression then seek the help you need to set yourself free. Start with the willingness to be open to discovery. For some of you this might start an extraordinary journey of heightened self-awareness that will facilitate growth in every part of yourself. To free yourself from the bonds of shame and fear in relation to one of the most natural authentic ways to express yourself as a human can have a profound impact on the amount of joy that is present in your life.



Fun & Laughter

Fun and laughter truly are two of the best medicines for humans. Like love they are infectious in the very best way. I encourage you to cultivate these things into your daily life. Let them evolve as you do. If you grow out of certain things you

once found fun and stimulated your humor but now they don't, find new things that do. Don't forget to fill the void that change creates.

Fun and laughter are an immediate gateway to joy. Even if your laughter leads to tears they will be tears of joy or the joy will come from finally being able to release pent up sorrow or pain. Like all spiritual practices when fun and laughter stem from love, they will nurture and sustain you. But if you use them as a defense or to cover your fears then they will bring you some pleasure but not joy.

If depression and anxiety have you in their grip consider cultivating the practice of [Laughter Yoga](#). This is a powerful tool to lift depression and quiet anxiety. It might seem odd when you first begin but your body can't tell the difference between natural laughter and practiced laughter. You'll get all the same benefits. It's why Laughter Yoga is so effective! Don't let your mind tell you it's stupid or couldn't possibly help you. Try it everyday for one month, and then decide. Each day you have the choice to explore something new or turn away based on negative feelings rather than factual experience. Your life, your choice.

Reach out and connect with friends who love laughing with you. Plan fun activities on a regular basis rather than wait for a special occasion. Make fun and laughter one of your favorite spiritual practices.



Support

Support is a powerful aspect of joy. When you give and receive support you create a circle or flow of connection that nurtures the joy within. You can experience joy in a wide range of feelings. You can recognize joy when you feel connected to others, the divine, yourself, and endeavors that matter to you. If you can be open to the possibility that your whole life is a series of co-creative moments then you're much less likely to suffer from the effects of isolation. Accepting this co-creation as organic and natural can go a long way in helping you to find balance in your life.

Maybe you're much more comfortable being the one in the position to offer support rather than feeling like you *need* support. Needy people have a bad reputation in many societies. The judgement is that they are weak and ineffective. No one wants to be seen as that. It takes great courage and much love to be open to

receiving support. And yet you do it all day every day. Unless you live by yourself isolated from all others, chop down your own trees to build your own house, grow your own food, grow your own cotton, harvest it, weave it into cloth and sew your own clothes, you are receiving support from others. The more you're willing to give support to others and receive support in return the more open you are to joy. Joy flows from connection and that means support. Look closely at your life and check to make sure you're giving and receiving support in equal balance and that your motivations come from love rather than control, manipulation, or fear. If you're out of balance, meditate on what actions you can do today to start bringing yourself into balance. Say yes to support, get connected, and feel the joy!



Kindness

Kindness as a way of life softens you towards love, healing, and joy. It prepares the way for love to grow inside you and kindness draws love to you. Kindness also opens you to forgiveness. I encourage you to never underestimate the healing power of forgiveness. It can heal the divides that have separated the people of this world for thousands of years. And it can absolutely heal whatever divides you from others. When kindness softens you and opens you to love and forgiveness, joy is always there waiting to celebrate healing the breach, loving when it's hard, and forgiving when it seems impossible.

Offering kindness to others, even when you feel angry or depressed or self-absorbed is an excellent way to break your cycle of suffering. It then becomes easier to let go of the pain and suffering you may be holding on to long past the event itself. When kindness grows in your life in a way that is balanced and simple, your life becomes a joyful one. It may not always be a let's-throw-a-party kind of joy, but rather a quiet joy that radiates from your soul.

When you offer kindness to yourself you soften and open yourself to better hold the Light and in turn share that Light with those around you. Being kind to yourself doesn't have to cost a penny. You could do something from your Me Practice, finally become deeply honest with yourself about a burden you've been trying to carry for too long and become willing to set it down, go to bed 30 minutes early if you're feeling tired, get outside and drink in the wild beauty and commune with Mother Earth, go for a hike/dance/make love, laugh with your

friends, ask for and offer support, these are all acts of kindness for yourself that are free and available to you every day.

There is no need to subvert your emotions so you can pretend to be kind or be perceived as kind in order to earn someone's love. Let kindness co-exist with all your thoughts, emotions, and actions. You'll discover kindness is happy to be present under any conditions.



Connection & Communion

Connection and communion is essential to life. No human can survive without it. You could even think about your evolution as a human through birth, death, and rebirth as a journey of connection. The 3 main elements you're here to connect with are yourself, life around you, and the divine or the unseen world.

Connecting with yourself calls you to discover your inner life without becoming self-centered or self-absorbed in a way that actually inhibits your ability to feel and be aware of your inner self. Practicing the rest of the suggestions here will help you to establish and grow your awareness of yourself.

Connecting with the world around you is the discovery of your place within the ecosystem in which you exist here on Mother Earth or Gaia. As soon as humans started believing they were in charge of the natural world, things began to move out of balance. What you're called upon to do now is acknowledge, accept, and embrace the knowing that you are an equal part of nature, no more or less important than any other part. Humans have the ability to create a powerful illusion that you're in control, but the whole ecosystem, of which you are only a part, has paid an enormous cost to maintain that illusion. So yes recycle, yes be kind to the earth, and yes become an active conservationist, but don't forget to take the time to connect and commune deeply with your loved ones, animals, and the natural world so you can discover your rightful place within it. It is here that you'll find the lion's share of day-to-day joy. When you know yourself to be equal in importance to everything in the natural world, you relieve yourself of the burden of superiority/inferiority for good. Humility=joy.

Connection to the divine is how you set your soul free. Only you can decide what that looks and feels like. I would encourage you to choose a path that feels loving.

Commune with the divine that is rooted in light, love, kindness, forgiveness, honesty and service. When you are connecting into that energy, you will know peace. And when you know peace, joy is immediate. Connecting with simple prayers that don't treat those in the divine like a type of Santa Clause gives you an outlet for your needs and feelings. Then to meditate or write with the divine opens the door to receiving guidance that helps you embrace joy as a way of life. Commune with the divine a little bit more each day. We aren't just meant to be called upon for dire emergencies and special occasions, but rather to co-create in the everyday with you. The more you connect the more you love and the more you love the more effortless joy you'll have.



Service

Service is *the* gateway to joy. I saved it for last Beloved One because I wanted it to have a special emphasis. Let me start by differentiating between service and servitude. Service happens when you give simply for the joy of giving or you give from love. Servitude is something that happens when you try to give from fear or your motivation is self-centered. This can be very subtle. You might tell yourself that you're giving out of love, and that may be part of the whole, but you may also be giving because you don't feel you're enough so must earn the love of others by doing for them. It's easy to tell the difference and get deeply honest with yourself in respect to what's motivating your service.

If your service leaves you feeling resentful, exhausted, depleted, or like you're stretched too thin, then it's likely that you're in servitude. The magic of service is that when it flows from love, joy is a big part of what you receive in return. The more you service simply for the sake of service, rather than trying to get something back, you open yourself to receiving so much more than you give.

Giving and receiving are both sacred acts that create a circle of joy. By allowing your love to be channeled into service, without any expectations of the outcome, you strengthen the foundation of all your relationships. Try and cultivate the habit of asking people what they need from you instead of assuming you already know. Assumptions can be a big contributing factor in your exhaustion and overwhelm. Asking people what they need or how you can help empowers them to ask for what *they* need and help you stop your own habit of thinking you know what's best for others.

Please don't make service black or white, all or nothing. If you feel you give too much, you may be right. But don't stop all together. Step back, take a deep breath, get honest about your style and habits of giving by asking a few simple questions. "Are my assumptions about what's best for this person loving? Do I have expectations that demand my service be received by others in a certain way? If people don't take my advice or aren't grateful for my service, do I get angry, frustrated, or resentful, then exhausted and want to quit? Or do I offer my service as a gift that people can do with as they wish, enjoy it, use it, throw it away, give it away, or whatever they choose to do with it?"

As you practice service through love, the more joy will flow organically into your life. Love and joy have the power to change any shadow to light. Thank you for choosing joy!

