

From Joy Killed to Joy Filled

by Rev. Stephen Towles (January 24, 2010)

How do you want to live your life?
Is joy appealing to you?
Is lightness something that you want to feel?
If so can you just be willing for something new?

We don't have to live with anger and pain,
Although it seems like it much of the time.
To be light on your feet is such a trip,
You can feel the presence of the divine.

Laughter is the result of a heart that is free,
To be open and real and true.
From deep within, the laugh begins,
And it heals both me and you.

But pain is such and insidious thing,
That it is not very easily dismissed.
But our natural state is one of joy,
And it is surely the thing we have most missed.

We are not here to defeat those joy killers today,
We are here to transform them anew.
From anger and doubt to peace and joy,
Is a journey that is made by all too few.

I invite you today to be joyful and free,
At least as much as you can possibly do.
And see how much better you begin to feel,
And how the sky starts to look so much more blue.

A simple step to heal the pain,
Is a step in the direction of your good.
And doing the work is exciting and sweet,
And you will feel exactly as you thought you could.