



Coaches Corner

Lasting Joy...How to Claim it!

So many of us feel joy when we are in love or we feel joy when a new baby is born. Joy is often felt due to a situation or event in your life. So how can you have joy in your life because it's part of who you are? How can joy

be a quality that is not dependent on another or a circumstance?

I've spent years exploring these questions. We are all born to know and experience joy. There are millions of opportunities to feel joy. The wonders of the world and simple pleasures such as a warm summer day, new spring flowers, laughter with dear friends, a pet, or a smile from a stranger can bring up the feeling of joy. So continue your random acts of kindness!

The question I often get is "How do I keep joy in my life?" My experience and journey to actually claim and live in my joy has been an experiment. I have read many self-help books, attended workshops, and lots of internal work. The single most powerful tool I have learned is the act of forgiveness.

"Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life." - Joan Lunden, in Healthy Living Magazine

Forgiveness must start with self-forgiveness. You must give your self permission to be forgiven. Recognize what keeps you stuck or "in jail" and give yourself the key to get out. Acknowledging the ways that you put yourself down or hold on to past experiences is the first step.

How do you forgive? It's a great question and to get the answer let's start with finding out what you need to forgive. The concept of forgiveness can be overwhelming and actually block our insights into what we need to forgive so instead, look for grudges you are holding on to, people you are angry at for what they did to you, and then ask yourself your role in the event or situation.

Forgiveness Questions and Process:

1. Ask yourself if you are angry, resentful, or holding a grudge? Yes? Then ask yourself what you can do to release that emotion. Go for a run, grab a bat and hit a pillow, scream at the top of your lungs, fall on the bed and kick and pound your fists - do something physical, keep it safe, and let it all go.
2. Now that you've released the emotion, take a few slow deep breaths and allow yourself to receive the gift of forgiveness. Some ways to receive it might be to write yourself a letter, journal about the experience, or look in the mirror and say "I am completely forgiven."

To encourage you along the path of forgiveness which enables you to fully live in joy, remember

- ◆ how the energy to keep a grudge alive will ultimately drain away your strength
- ◆ how a desire for revenge will tarnish you and may even unconsciously make you into a person as hurtful and vicious as the one who hurt you

The space that is opened up after you release the stuck emotion and allow yourself to be forgiven is then available for joy. So invite it in! You will have more energy and that feels good!

With Deep Joy, Dani

Announcement

INFUSION Event - December 10, 2006

A cozy afternoon celebrating creativity in the community! Come visit me ☺

- Enjoy live music
- Support local artists, discover unique gifts
- Connect with community leaders in the healing arts and education

TIME: 3-7pm @ 3414 SE Lincoln Street, Portland OR 97214

About Dani Palacio

Dani lives in Portland, Oregon where she enjoys the blessings of a life filled with joy. She is surrounded by her family, friends, and community as she develops her practice of coaching and Reiki. She offers her gifts to groups, associations, and individuals.