

# THE JOY OF NOW

BY

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Good Morning Everyone

Thank you for inviting me to speak to you today. I've spoken already 3 times during the last few years and it's nice to see you again.

And thank you, thank you, Irene, for taking the time to learn one of my favorite songs, *Nearer Than the Air*. Your singing of it was so incredibly beautiful. I am so touched. Thank you.

Today I am going to talk to you about joy - a talk called *The Joy of Now*. Yes! I'm talking about joy in this time, this now, with all that's going on in the world at large and in your own world.

Some time ago I asked some friends what they would like to hear me talk about today. They all said something like "look inward to find guidance" etc. Then one dear friend, Betty Panyk, answered the question by saying she wanted to hear what was good about now.

That resonated strongly and since she is a soul-sister... how could I say no anyway.

Yes! Yes! Yes! There is so much good in what we are going through now. So much that if appreciated and known, can definitely lead to joy.

But first let's talk about joy: What is joy? Well it is fun and pleasurable, it is happiness.

The ancient yogis had about 15 names for joy. The highest form of joy they called "bliss". Bliss is used also today to mean that core of deep joy within when one contacts the infinite presence and finds a kind of pleasure called bliss. This bliss is the kind that endures despite any passing appearances of mind, body world or anything else. This bliss is the feeling that is felt when one comes into awareness of a divine presence within: a presence of God, the contact with what we really and eternally ARE as emanations of Source, the bliss of contact with that which is eternal, beyond time and space.

That inner bliss – that seemingly unquenchable joy that emanates from persons who are very awakened despite anything happening on the outside. They walk amongst us unfazed by appearances, always in peace with that unshakable kind of joy despite anything.

I know a little bit about this. When I was 9 years old I had a profound awakening experience in which I found myself one with everything – all creation. I came away from the experience thinking that all creation was made for FUN? For a while I was in bliss. But after a year or so I lost that bliss because the world didn't seem to look like fun. My mind proclaimed the world a total mess in fact. I left that inner bliss. The judging mind took the little unaware girl while - took her by the hand and led her away, far away!

But I've come around. Sometimes I can see we are in a play now, a remarkable drama that is very interesting in fact. If one doesn't take it personally, it can be fun to watch and wonder what will happen next? The fact is there are many potential joys of now which we will talk about.

In the past few years, joy as a divine concept has come to me frequently. I'm in the process of writing a spiritual memoir and in a writing contest. I needed to come up with a title. My mind was blank so I decided to meditate. After meditating for some time, the words came: *Awaken to Joy*. I knew that meant awaken to what we are, to the divine within, to bliss. An Editor changed the title later, but I am using *Awaken to Joy* as my blog title.

Later I was told I need to write a short book theme for my proposal. Finding that almost impossible, I meditated again. During my meditation I was surprised as I watched myself get up, go to the computer and automatically write this:

*Your life is truly a hero's journey out of a bliss beyond even oneness, into the "here" where you travel a destined road meant to become embodied joy. It is a courageous endeavor worth the greatest accolade heaven can bestow.*

There's that word, joy, again! Not only that, but it sounds like joy is the whole point of creation! Maybe my 9-year old self was right! It's all for fun and joy.

I used to look back at that 9-year old and find her naïve, innocent, unknowing and idealistic. Now after much reading, I know that 9-year-old idealist I left behind, has plenty of enlightened and adult company that are of the same opinion. LOTS! But here's just one:

Rumi, the great mystical poet knew all about joy and bliss and where it can take you. In one of his poems he writes:

*There are many paths to God. Mine is a happy one: I sing, I dance.*

So why is joy and fun a path to God?

Suzanne Giesemann, the well-known medium, author and spiritual teacher often says: *"God is Joy, and Joy slowed down to manifest itself in form, is Love."*

Very interesting! And science seems to agree.

David Hawkins wrote a book called *Power vs Force* and described his research into the vibration of different emotional states in people. He listed them in order high vibration to low vibration. In his findings, Bliss and joy are higher than Love which is just below them. Suzanne Giesemann perhaps is really on to something. God is Joy and the act of manifestation creates the vibration of Love.

So to get to that inner joy brings us closer to the essence of the divine within. And I am suggesting we start with fun, appreciation, gratitude – these vibrations bring us closer and closer to bliss.

Fun and joy, as we know, can be brought about in many ways. Children do this automatically. We are born with bliss, laughter and delight. And, as children, we were in a constant search for fun! This is how we are made. Since we are emanations of divine Source, joy is obviously part of the divine. How do we get back to that?

Which brings us to the Joy of Now.

One thing that brings joy is gratitude, celebration and recognition of our good.

So let's embrace the joys of now. Let's answer my friend, Betty's question. What is good about now?

After talking to a number of people, here are some really good things:

1. In this time almost the whole world is in a shared experience, it is a wonderful time to become aware of our similarities beyond race, opinion, culture, and see these are minor things compared to what we share in common as human beings living here. This is the opportunity to open our hearts to each other in shared compassion
2. Many people report that they are more in communication with family than ever. We are calling each other on Facetime, Skype, Zoom to stay connected with each other. Some have told me they are more in contact with their grown children and grandchildren more than ever before
3. Those who have children at home are spending more time with them, getting to know each other more. This time encourages us to find a meeting ground where we can live together all day harmoniously
4. Our priorities are changing. What is most important is being realized. We have time for this, we have opportunity for this. Our materialism can't operate much and this is a blessing. We are finding we don't really need all that stuff.

5. We are attending to our health much more and becoming more conscious of what we eat and drink, more conscious of our shared protection.
6. We are finding new ways of entertaining ourselves, we are reading more, reflecting more. This is a kind of time that urges us to tune into our creativity and cope in new ways.
7. Since we don't know what to expect next, we are being pushed to live in the moment. Wouldn't it be Great to live in joy and wonder regardless of what is going on? Wouldn't that be just plain FUN! How about living a romantic and inspiring adventure in every moment? What about a brand new life every minute? This is possible IF we live in each moment *as* a new moment. No past, no future, only now! A really quick path to joy.
8. In many ways, the world has become quieter. It is the perfect time to go within.

#### **WHICH ALL LEADS TO THE BEST GOOD, THE VERY BEST GOOD OF NOW:**

**This best good** is the opportunity NOW to awaken to who we really ARE - to contact that divine presence that *is* us. This time is perfect! It is urging us to be creative, urging us to look within for our answers, our guidance. In a time when we don't know what will happen, we look to what we know – to what remains constant and enduring. And the most enduring is that Self within that is always there. Many people are having mystical experiences these days. I have talked to them. It is the very stress of fear and inconvenience, that radical pause in our usual routine, that gives it entrance

So This is the time to wake up, the time when the urge is felt. What an incredible opportunity to actually find and keep contact with that inner bliss!

And why I'm so thrilled is that this is the time and place is where we begin to create a new world. It is from this inspiration that the energy to actually accomplish it appears.

In her talk here a few weeks ago, Reverend Sandra Butler quoted author, Molly Brown, who wrote: "***What a gift to be human now. We were made for this time!***"

We can use our imaginations, our powerful imaginations to co-create a world we have wanted for so long – a world of love, peace, joy, wholeness, beauty, and fun.

If we could only grasp what power we have with our imaginations, we would be more careful with them. Anita Moorjani, author of the mega best-selling book, *Dying to Be Me*, about her near death experience, wrote about watching the world and people from that high place. She saw that our imaginations are far more powerful and real than the physical manifestations that resulted from them. Wow! That behooves us to watch what we imagine.

Are we imagining worst case scenarios or do we imagine the best possible outcome? Our imaginations can be used to create hell or heaven. It is our choice and our privilege.

Let's together imagine a new world, imagine it with passion and felt joy and fun. Together we can imagine a new, peaceful, loving world without disease or discord, only wholeness, vitality, unleashed creativity and Joy, Joy!

There has been no better time than now in my lifetime to do this now! Let's be children and daydream.

Someone, I wish I remember who, said that the world is made by the fervent imaginings of a few, many based in lack and fear, and, the unconscious acquiescence of the many. We look out and see that this is true. We catch the contagion of fear far more quickly and pervasively than the relatively meager flu virus, and mostly unconsciously. But we have so much power, let's all co-create and focus on what our hearts want, not what we don't want.

Then things can appear by grace. I was scrolling through Facebook the other day and came on some words written on a picture. Since I wanted to use them today, I wrote in the comments asking who was the author of the words. The man who posted it answered saying these were his words. And to do with them anything I wanted. They are yours he said "my gift to you. The words he gifted me were:

**A new world does not appear to us; it appears *through* us.**

*Let's try this for just a minute now. Close your eyes, think of what makes you happy, what is fun and joyful to you? Think of it? Use your powerful imagination to be in it now. What does it look like, what are you doing? Feel your body and mind there. Are you smiling? Smile now. Are you swimming in a lake, you cradling a baby, you dancing, singing, climbing mountains? What are you doing right now? Feel the fun, the joy. Are you smiling? Let yourself play there just for a minute.*

*Ok breathe in and out and let that place stay there to revisit often. Can you see that if you can do this a few times a day, you can give yourself great relief from any concerns? Take a tiny vacation from worries, the world, the problems that may be presenting themselves to your awareness. You cannot be in joy and fun and also be in fear and worry at the same time. Give yourself a break often. Stop and smell the roses. Do something, anything, you find fun. In this way, you bring yourself into a closer vibration to the inner Presence of joy that you ARE. Then, when you go within in meditation in just a few minutes of silence, you are more creative in your solutions and your imagination of the world you want.*

Remind yourself often: This world we look on now, this life, this body and mind and name will be at some point released and a new life, new name, new body will be the tools through which new experiences in consciousness will emerge. A new adventure story for you, the eternal experiencer to watch.

But what about now? Wouldn't it be great to live in joy and wonder regardless of what's going on? Wouldn't life be just plain fun? How about living a romantic and inspiring adventure every moment? What about a brand new life every minute? This is our state of being when we live in the moment. Another path to joy. Since what we ARE is joy, not surprising that it can be easy to get to it.

Many teachers have claimed this can happen within this life now. For this to happen, we dream and imagine. There are many mystics of the past who have done just this while in prisons or amidst great strife. As in the beloved Psalm 23:

*The lord is my shepherd; I shall not want. He maketh me to lie down in green pastures, he leadeth me beside the still water, he restorith my soul.*

Green pastures, still waters!

Wherever we are we can imagine this and bathe our stressed bodies and minds in peace and bliss, by putting ourselves into the vision. In imagining this fun and bliss, we come closer to the divine bliss within. It is simple! Imagining fun and joy we come closer vibrationally to the inner bliss and joy within, sometimes called the Christ within, the divine inner presence.

So, to open to the bliss that endures, start with fun. What makes you smile? What is fun and fulfilling to you. What brings you joy? What was it that you couldn't wait to do when you were a child. Imagine doing it. Being it.

Rumi was probably the most illumined poet to ever grace us with his words. He knew the power of joy and fun. He once wrote.

***"There are many paths to God. Mine is a happy one. I sing, I dance."***

I like to sing, especially in the shower! One of my favorite songs is called ***How Can I Keep From Singing***. It was recorded by the Irish singer Enya, The original writer is unknown but the poem was put to music by New York minister, Robert Lowry in the early 1860s in the midst of the civil war. Whoever wrote the words had obviously experienced the inner bliss that endures whatever the surroundings. Listen to some of the words:

*My life goes on in endless song  
Above earth's lamentations.  
I hear that real, though far-off hymn  
That hails a NEW creation  
Through all the tumult and strife  
I hear its music ringing  
It sounds an echo in my soul.  
How can I keep from singing?*

*No storm can shake my inmost calm,  
While to that rock I'm clinging.  
Since LOVE is Lord of heaven and earth  
How can I keep from singing?*

*That joy within makes fresh my heart  
A fountain ever springing;  
All things are mine since I AM this  
So how can I keep from singing.*

Throughout history there are stories of people who heard that song, heard it despite turmoil far greater than we are experiencing. I've personally met two people who woke up in prison, and stories of many more. I watched two relatives in excruciating pain, who woke up and heard that song. The presence of inner joy was outwardly obvious in the final months or weeks before they died.

Two years or so ago I spoke to you about Spiritual Healing. I described several people who were critically ill, one had terminal cancer, the other a serious autoimmune disease. They embraced fun and were so involved with that, they forgot their stories of illness. Within weeks the so-called incurable illnesses went into remission. Joy, the highest human vibration, can lift us beyond anything that is not in alignment with wholeness and joy.

Let's find that place where we cannot keep from singing. It can be fun. Imagine or do something that makes you smile, something unique to you that is fun. Then meditate, go into silence and imagine yourself new, the world new, then quiet even that to find that song within, that bliss is there now, has always been there, why? because it is what we ARE!

The beautiful song, Irene just sang, also speaks of this

*And I breath out  
A simple prayer of thank you  
And my breath becomes a song  
That was singing all along.  
That is singing everywhere  
And is Nearer than the air.*

Let's then Awaken to Joy, Find the Joy of Now. Embrace the good of now and the opportunities of now. Let's together with our powerful imaginations, create a new world. We can do it! And I would suggest, it starts with fun, that then leads to joy - to that song of bliss already there. And as we go inward to imagine fun, joy, wholeness and peace, we create it for ourselves and the world.

Let's do this together now:

Close your eyes as we go into meditation and intend fun (pause here 2 minutes).

### **CLOSING**

Let's together use the incredible power of our imagination to bring us delight and fun, bring us nearer to the inner joy that is always there. There, because it is what we ARE. And, at same time, we are also powerfully creating a new world. And there has never been a time so fecund, so right for this new world creation emerging through our awakening to that bliss within.

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And in finding this often during the day, it can become a permanent sweet song beneath whatever other things are appearing in our minds or around us. We can open to that constant bliss the mystics know. Like the sunshine, it is a grace, the kind of state where we can't keep from singing. Within you is a natural deeply-inner joy closer than sunshine and nearer than the air. This bliss can become for you the joy of *every* Now.

Thank you for listening,

And Thank you thank you for being YOU

Thank you,

Namaste.