

The Joy of Living
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Our thought for today is
THE JOY OF LIVING

Psychologically, joy relates to our capacity to discover our self-defeating mechanisms and transform them into self-fulfilling experiences.

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Spiritually, joy relates to attitude and discovery. It is a question of how we interpret our experiences and how we react to them. It is not so much whether good things happen to us as how much good we choose to find in our experiences.

THE JOY OF LIVING

Joy hovers omnipresent. It waits to be tasted. The pursuit of joy is dynamic; we must constantly ferret out its nuances. It is also contemplative; we must perceive its subtleties.

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We are always the mariners, charting the compass, plotting the course, setting the sails.

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Joy is a result. It depends on our insight; it depends on our vision.

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Today, whatever may annoy, the word for me is *joy*, just *joy*.

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And now, let us enter the silence, taking this thought with us, and rest in it

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