

*Find a place inside where there's joy, and the joy will burn out the pain.*

Joseph Campbell

I came across this quote today and thought what a beautiful reminder it is of how we can take ourselves from places of despair to those of comfort and joy. If I dwell upon some of the darker moments in my life, I can feel my energy shift downward.

When I think about my life, there are vast numbers of beautiful experiences and loving memories. They far outweigh the shadows. When I consider the challenges, there weren't all dark, either. In the midst of them, there were moments when I could still find happiness and where there was tremendous personal growth.

Allowing lovely memories to surface is really a gift from God. As I consider them, I feel so connected to the Divine. I see the work of a Higher Power in every circumstance and I remember that God really is everywhere, in everyone and in everything. I feel this Holy Presence within my heart and recognize it in every breath I take.

In just a short while, hundreds of happy memories have come back to me. I actually hear my own laughter, feel the great love that I have shared with family and friends and I am reunited with moments of great inspiration in my life. My spirits soar! I'm smiling widely and my heart is filled to overflowing with happiness!

I completely "get it!" No matter what I am experiencing, I can choose enchanting memories to bubble to the surface of my consciousness. I can experience the feelings – mentally, emotionally, physically and spiritually of the best moments of my life and I am completely uplifted!

God is so good and I am so grateful.

And so it is!