

**SIX****THE POWER OF CREATIVITY****Meditation 02: Joy**

*'Where there is joy there is creation. Where there is no joy  
there is no creation; know the nature of joy.'*

Maitrayaniya Upanishad, c800BC

It's easy to forget, among all the hustle and bustle, the daily life, the going and coming, the work, the family, the worries, the getting and spending. It may even seem like an alien concept. We are creatures of delight, of joy, put here on this earth to have fun.

No? Too far-fetched? Completely missing the point of our serious existence? Too flipperty-gibbet, superficial, lightweight? Aren't we engaged in a process of self transformation here, the power of silence, the quiet contemplation and re-building of our inner selves, which leads to changed actions and ultimately a changed world? What could be more serious than that?

Well, have a think about this; no reason why you can't be serious and effective but also experience the deep joy, the delight of being, the 'high' that comes from you knowing and feeling your natural state as a conscient, non-physical entity. The word 'fun' may be a little misleading in this context, true; it's not a matter to be taken lightly. But it does get at the point that we have missed, which is that anxiety, discontent, sadness, fear and anger are not our default settings. Strange though it may seem, happiness is. Otherwise why would be seeking it in so many ways? To be truly aware of your true Self is to be truly joyful. I'm not suggesting inappropriate behaviour, like having a fit of the giggles at a funeral, or asking you to find the delight in some nasty task like cleaning up after

someone (your child, your mother in law, your best friend, your dog) has been sick on the rug. The joy is underneath all that.

Contemplation of the simple idea of joy brings you quickly to spiritual joy, contentment, peace. To 'bliss', to use a beautiful and powerful word, which describes the ultimate meditative experience, when you are a silent light floating in a silent sea of light. (Enlightenment, geddit?) Although that state doesn't come easily, even the journey towards it feeds your everyday joy, your natural happiness. Surprise, you are essentially a happy being!

Joy is your natural state because You the Soul are a node of pure, peaceful, silent, spiritual energy, conscious of Your Self as a Soul and of the physical energy constantly flowing through your body. If you have managed to calm the naughty child that is your mind for long enough to break through to this deep awareness, and to settle into the full realization that it is this peaceful self that is You, and not the chatter on top, you emerge from it smiling. Grinning, even. That has to tell you something, surely; you just tapped into an infinite source of happiness with no expense and virtually no effort, in the comfort of your own home (or car, or bus, or subway, or workplace, or anyplace). It was inside you, all this time. How can that not affect your life and that of those around you?

The happiness you get from everyday life can be powerful, let's not disrespect it. Your love for your family, for your sport, art or music, natural beauty, your garden, even that new kitchen or car, are joys that keep us going through our days and nights, through the grind. But the deep-down Joy you are connecting to means peace. Joy means power, joy means bliss, joy means love. It is a definition of the conscient energy that is You. The physical is always moving, always in action – which is why we seek joy and connection to it through physical means – the art, music or nature I talked about. The spiritual is still and silent, but alive, conscient. This is where

you're headed. To get in contact with that single, still source of incredibly powerful energy that is You.

Consciousness, including thoughts, feelings, desires, fears, atmospheres, emotions, memories, perceptions – all the activity by which we define ourselves at an everyday level – is energy. And therefore indestructible. And if 'You' are energy that is also somehow individual, then you are an energy form, a node, with unique characteristics. 'You' are indestructible; you will just change as you move on. You are affected by physical energy, and you in turn affect it; your body affects your feelings, and your feelings affect your body. Physical energy flows and vibrates; the pure spiritual energy that is You is stillness, in perfect peace – but it is still giving off a vibration.

All that these meditations do is bring you to an awareness of Your Self as that energy, and not as the thoughts, feelings, desires, fears, atmospheres, emotions, memories and perceptions aforesaid. And when you have that awareness – when you are 'soul conscious' as opposed to 'body conscious' – you see yourself as an infinitesimally small particle of energy, a spiritual neutrino if you like, burning like a light or a flame but never consuming itself, never going out; still, silent, peaceful and powerful, but like the flame or the light, alive and vibrating at the same time. And if you don't find yourself connecting to unlimited Joy as you kick into that awareness, then try again. You just haven't got to it yet. I can't take you there; you have to take yourself. Although Joy is one of Creativity's Modes of Awareness, you don't have to create it. It's already there. You just have to connect.