

FOCUS ON JOY: A Compilation of Thoughts by the Tibetan and others

Introductory Thoughts On Joy

The normal, rational attitude is to feel joy when things go well and one feels physically fit. That is no real joy in the spiritual sense, but personality satisfaction with harmonious circumstances. Instead, try gradually to realize being joyful *in spite of* the inharmonious or painful conditions in the personality and above all in the physical body. A remarkable man, Campanelle, a monk, wrote a verse five centuries ago that I have as a slogan: “With suffering flesh, rejoicing inwardly.”

St. Francis indicated how to do this: “So great is the good that I expect that all suffering becomes delight.” St. Francis was looking for a suitable place of silence and solitude and found La Verna. This mountain was in the possession of a Count. On one Sunday St. Francis preached about the above-mentioned subject with such a fire that the Count became deeply impressed and offered him the entire mount! So powerful is the formula.

The *secret* of spiritual joy: *It is proportional to the realization of the glorious consummation of the evolutionary process.* First there is the realization of continuous Soul consciousness, that is, peace and joy. Then there is the realization of what the entire planet will achieve: the New Age and further cycles, and finally that which the solar system will achieve. When we see a glimpse of that consummation, we get a glimpse of peace, joy and certainty.

On the level of the personality we forget this, this joy, because of the struggle within our consciousness. Within the Soul joy is always present, but it is often prevented from entering our consciousness. There is a constant struggle going on between elements that are entering our consciousness from all directions.

On a higher level (the Masters) it is not easy either to focus the consciousness completely in that condition. It has been said that They, too, withdraw from time to time to refresh Themselves.

Joy comes from *above*, independent of the physical condition. It is a reality in itself, and it gives great rewards such as healing, etc. These are by-products of joy.

Light and joy are synonymous terms. Thus one can say:

From the point of Joy within the Mind of God
Let joy stream forth into the minds of men.
Let joy descend on Earth.

The inexhaustible source of joy is indicated by the fact that Joy is the keynote of the present solar system. (Roberto Assagioli)

The Significance of Joy

Joy is the strong basic note of our particular solar system. (*Esoteric Psychology I*, p. 49)

In these days of world pain, let love and joy equally be the keynotes of your life – as a group and as individuals – for they carry the healing vibration of the Hierarchy. Have you ever thought that just as there is a discipline of pain and sorrow, there may also be a *discipline of joy and*

achievement? ... Men need these days to learn this new truth, and its perception will greatly change human consciousness. (*Discipleship in the New Age, Vol. II, p. 671*)

The music of the spheres resounds when the current of joy is in motion. (*Hierarchy, par. 11*)

Joy is the quality of soul life and that quality can be imposed upon the personality, thereby superseding happiness and imparting the gift of truth. (*Discipleship in the New Age, Vol. I, p. 557*)

The men and women of goodwill must not be energized into activity with the note of sacrifice... *The clarion note of Joy through goodwill activity must be sent out.* Let the beauty of what can be, the glory of the vision and the spiritual, scientific and physical rebuilding of humanity be held before them, inspiring them to renewed effort. (The Tibetan).

Be joyful, for joy lets in the light, and where there is joy, there is little room for glamour and misunderstanding. (*Discipleship in the New Age, Vol. I, p. 461*)

One must rejoice at the next approaching achievement. Not only courage, but precisely *joy makes you invulnerable.* Even great achievements have been simplified through joy and trust. (*Fiery World II, par. 110*)

Realize and remember that you have succeeded while rejoicing. This is not the frisking of a calf on the meadow, but the *creative joy* that dissolves all difficulties. (*Fiery World I, par. 663*)

Joy is both radiant and magnetic. Joy is the most powerful impulse behind the right kind of radiation. (*Discipleship in the New Age, Vol. I, p.185*)

The manifestation of joy especially affirms community of spirit. (*AUM, par 168*)

Cultivate the joy that brings strength. (*The Externalisation of the Hierarchy, p. 82*)

The cultivation of joy brings release to others. (*Discipleship in the New Age, Vol. I, p. 332*)

I call you ... to cultivate a joyousness that will end in releasing you to a fuller service. (*Discipleship in the New Age, Vol. I, p. 138*)

Joy produces right magnetism. (*Discipleship in the New Age, Vol. I, p. 421*)

[A] characteristic of the new server is *joyfulness*. This takes the place of criticism (that dire creator of misery) and is *the silence that sounds*. It would be well to ponder on these last words, for their true meaning cannot be conveyed in words, but only through a life dedicated to the newer rhythms and to the service of the whole. Then that “sounding joy” and that “joyful sounding” can make its true meaning felt. (*Esoteric Psychology, Vol. II, p. 132-133*)

[There have been] many occasions when the Way of Joy has been for you a hard way to go. Yet it is one of the needed characteristics of discipleship, leading – as it does – to soul strength. (*Discipleship in the New Age, Vol. I, p. 668*)

Learn true joy and you will meet God. (Sri Aurobindo)

It is a platitude as well as an occult paradox to say that in the midst of profound personality distress and unhappiness, the joy of the soul may be known and felt. Such however is the case and it is for this the student must aim. (*A Treatise on White Magic*, p. 370)

The personalities of the “weary pilgrims on the Way” are indeed tired and worn... For long cycles, the soul has been negative in its effects upon the personality, and the personal equipment has been the positive expression of the spiritual man. Then that lower aggregation of forces begins to wear down; its vibration weakens and, because much of the consciousness is still identified with the body nature, the disciple is conscious of fatigue, pain, distress and a deep weariness. It has been the “personality fatigue” of the human race that partially was responsible for the excessive misery complex, the sense of inferiority, and the pining-for-release psychology of the Christian presentation of truth.

As still further progress is made, the joy of the soul begins to pour through the worn and weary vehicles, and gradually the positive nature of the soul takes hold. When this is strong enough and the man is sufficiently decentralized, it is the soul quality which will persist in spite of physical limitations, and the inner sense of weariness will then be carefully negated and consciously and intelligently transmuted. There will be the recognition of personality distress but also a planned effort to transcend it. This process of “divine imposition” gradually brings in the healing force and thus perfect health in some life is the reward of the initiate's effort to live as a soul and not to feel as a personality. It is this divine pouring in of the Soul's quality of life that is the true key to self-induced healing. (*Discipleship in the New Age, Vol. I*, p. 557)

Cultivating Joy

You can train yourself to build in that quality of joy that is the characteristic of a personality that is consciously anchored in the soul realm. (*Discipleship in the New Age, Vol. I*, p. 398)

Joy, as distinct from ephemeral pleasure, has its source in spiritual experience, and pertains, to use a scientific analogy, to light rather than to heat. It may be regarded as a form of spiritual illumination, in which the mind for a fleeting moment glimpses the bliss of true enlightenment. The same applies to compassion and the higher forms of love. (Christmas Humphreys, *Concentration and Meditation*, p. 159)

Actively become aware of that inner center of stillness and peace where joy and bliss have their home. ... Come home to the place of silent holy rest. (*Discipleship in the New Age, Vol. II*, p. 577)

Radiation is a tangible substance and potency, producing effects... It is the subjective, consciously focused radiation to which I here call attention. This should produce effects without physical contact and this should constitute your *joyful* service. *Joy is the most powerful impulse behind the right kind of radiation.* (*Discipleship in the New Age, Vol. I*, p. 185)

It is of assistance at times to cultivate the outer demonstration of joy using the semblance of happiness in order to build a thoughtform that can carry to the consciousness the joy of the soul. (The Tibetan)

The joy of the soul irradiates my life, and lightens all the burdens that those I meet may carry. (*Discipleship in the New Age, Vol. I*, p. 176)

If we say, “Do not have desire,” it does not mean to be insensate. On the contrary, replace desire by the irresistible command of a pure thought. In this command you invoke all the powers of light, and you make their currents act in correlation with your pure striving.... Be joyous; not through desire but through the striving of the spirit. (*Hierarchy*, par. 96)

The treasures of joy... draw therefrom a kindling of feelings necessary for achievement. ... Let us cultivate it as one would most precious blossoms. (*Fiery World II*, par.167, 168)

Ponder on joy, happiness, gaiety and bliss; these release the channels of the inner life and reach – in a wider circle – many kinds of men. They heal and cleanse the physical body and help you do your work with little effort, a proper sense of values and a detachment that is based on love and not isolation. (*Discipleship in the New Age, Vol. I*, p.170)

Cultivate the joy that brings strength. This is not the time for gloom, despair or depression. If you give way to these, you become negative and destructive focal points in your environment. If you truly believe that the spiritual life is fundamental in the world today, if you do believe that divinity guides the world, if you truly grasp the fact that all men are your brothers and that we are all the Children of the One Father, and if you are convinced that the heart of humanity is sound – are these not adequately potent ideas to hold us joyously steady in the midst of a changing world? (*The Externalisation of the Hierarchy*, p. 82)

All physical tension should be eliminated because one cannot play the violin with a broom. Besides, laughter brings disturbance of the closest strata of the atmosphere. When the heart is aflame, it resounds like a bell upon the far-off distance. It is rare to hear a Yogi laugh, for his joy is not in loud laughter but in the saturation of the heart. Precisely, “joy is a special wisdom,” not only in its essence but also in its exterior. (*Hierarchy*, par. 216)

The law of gravity is acknowledged by all. Why not apply this simple condition in life? *Joy can attract with a magnetic current the joy from space.* But the thought of darkness gives birth to layers of heavy clouds. We vouch for the reality of the gravitation of thought. (*Infinity*, par. 7)

Learn to feel joy – a joy that is based on the knowledge that humanity has always triumphed and passed onward and forward in spite of apparent failures and destruction of past civilizations; a joy which is founded upon the unshakable belief that all men are souls, and that “points” of crisis are factors which are of proven usefulness in calling in the power of that soul... a joy that is related to the bliss that characterizes the soul on its own level whereon the form aspects of manifestation do not dominate. (*Discipleship in the New Age, Vol. I*, p. 471)

Cultivate happiness, knowing that depression, an over-morbid investigation of motive, and undue sensitiveness to the criticism of others lead to a condition wherein a disciple is almost useless. Happiness is based on confidence in the God within, a just appreciation of time, and a forgetfulness of self. Take all the glad things that may come as trusts to be used to spread joy, and rebel not at happiness and pleasure in service, thinking it an indication that all is not well. Suffering comes as the lower self rebels. Control that lower self, eliminate desire, and all is well. (*Initiation, Human and Solar*, p. 76)

Cultivate the *joy of relationship* and seek ever to participate together in whatever spiritual blessing may be outpoured for the helping of the world. (*Discipleship in the New Age, Vol. I*, p. 691)

Cultivate a spirit of happiness, of joy, which is based on an inner assurance as to the Plan and your future work in relation to it. (*Discipleship in the New Age, Vol. I, p. 420*)

The *Way of Sacrifice* is eternally the *Way of Joy*. The *Way of Joy* leads to the Place of Peace. The peace of God is only found in losing sight of self and seeing naught but that which *must* be done and done today. (*Discipleship in the New Age, Vol. I, p. 365-366*)

The sending of sorrow brings sorrow but the joy sent affirms joy! Such filling of the space was known even to primitive man, when he said: "I will not interrupt the stream of happiness." (*Agni Yoga, par. 364*)

The human evolution should give strength to the deva, and the deva, joy to the human. Man should communicate to the devas the objective point of view, while they in turn will pour on him their healing magnetism. (*Letters on Occult Meditation, p.179*)

Happy the disciple who can bring the vision nearer to humanity, and work it into existence on the physical plane. Remember this, that the materialization of any aspect of the vision on the physical plane is never the work of one man... To those who wrestle, strive, and hold on, the joy is doubled when the materialization comes. The joy of contrast will be yours, for knowing the past of darkness you will revel in the light of fruition; the joy of tried and tested companionship will be yours, for years will have proved to you who are your chosen associates, and in community of suffering will come the strengthened link; the joy of peace after victory will be yours, for to the tired warrior the fruits of achievement and rest are doubly sweet; the joy of participation in the Masters' plan will be yours, and all is well that associates you closely with Them. The joy of having helped to solace a needy world, of having brought light to darkened souls, of having healed in some measure the open sore of the world's distress, will be yours, and in the consciousness of days well spent, and in the gratitude of salvaged souls, comes the deepest joy of all – the joy a Master knows when He is instrumental in lifting a brother up a little higher on the ladder. This is the joy that is set before you all – and not so very far ahead it lies. So work, not *for* joy but *towards* it; not for reward, but from the inner need to help; not for gratitude, but from the urge that comes from having seen the vision and realization of the part you have to play in bringing that vision down to Earth. (*A Treatise on White Magic, p. 368-369*)

Let joy enter into all your undertakings. (The Tibetan)

The life of the soul is a life of joy, it is a life of triumph and a life of satisfaction... Let us go forward singing the song of life in our hearts and carrying a smile on our faces. (Alice A. Bailey, in a letter February 19,1929)

Teach the Joy of Beauty

Teach the Happiness of Wisdom

Teach the Bliss of Love

Teach the Glory of Unity with God. (*Leaves of Morya's Garden, Vol. I, par. 20*)

Joy settles as a bird within the heart but has winged its way from the secret place within the head. I am that bird of joy. Therefore, with joy I serve. (*Discipleship in the New Age, Vol. I, p. 158*)

The *Joy of the Soul* irradiates my life, and lightens all the burdens that those I meet may carry. The Joy of the Lord is my strength, and I develop strength in joy for others. (*Discipleship in the New Age, Vol. I, p.176*)

“The way of *joy* enriches all my life.” In understanding these words and integrating them into your life, you will join the ranks of all true servers. (*Discipleship in the New Age, Vol. I, p.499*)

The pledge of the Teaching is the joy of spirit. (*Agni Yoga, par. 621*)