

For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands. (Isaiah 55:12)

“But the angel said to them [the shepherds], ‘*Do not be afraid; for see - I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord.*’” (Luke 2:10-11)

In his book, Of Time and Eternity, James Dillet Freeman, Unity poet and author, wrote, *Only he who finds joy in the passing moment will find contentment in eternity. For the passing moment is eternity.*

I have found the greatest joy in the simplest of things when I have been open to the blessings of the passing, or present, moment. But what is it that often keeps us from finding joy in our present moments of life? Perhaps it is our fear of lack and limitation. Perhaps it is because we believe that we are not worthy of joy at all.

One of the keys I have found to unlock the gate to that secret path of joy and happiness in life is knowing the difference between **having to** do something and **getting to** do something. We will find joy when we see all of life as a series of opportunities, rather than as obligations.

The Daffodil Principle can also teach us to find whatever brings us joy, and then move toward it, one step at a time, knowing that life is not simply about arriving at a destination, but rather about discovering joy in the journey, and sharing that joy with others.

Here are some tips to help you put *The daffodil principle* to use to create more joy in your life.

Recognize any feelings of limitation or fear that you might be holding. Deny the power that such feelings could have over you. *This feeling of lack has no power over me!*

Give thanks for all the blessings that you have right now. Know that you don't *have to* live, but rather you *get to* live because you are blessed with the gift of life.

Plant seeds of joy everywhere you go, even if you can only plant one seed at a time. The more joy you spread, the more joy you have.

Reap the abundance of your garden of joy in every aspect of your life. Be open to joy and pay attention to the world around you.

Affirmation: *I plant seeds of joy everywhere I go and the garden of my life is filled with beautiful abundance.*