



## 47 – Energising Joy as a Support

### Catching the favourable winds and the buoyancy of the heart

*“From gladness comes joy; from joy, tranquillity; from tranquillity, happiness; and from happiness, the mind becomes collected.” ~  
Gotama (The Buddha)*

*“When we learn to delight in what is good in ourselves, we are no longer driven by lack. Joy becomes the expression of enoughness.” ~  
Christina Feldman*

In this Freedom stage of our journey, Joy does not mean excitement, pleasure, or getting what we want. It is not the buzz of stimulation, the rush of winning, or the relief of finally *having enough*. It means the mind is lighter: less clenched around craving, less braced against discomfort, less tangled in its own commentary. There is more room inside experience – a quiet buoyancy, a warmth, a simple aliveness that comes from not being weighed down by the constant push and pull of wanting and resisting. When ‘Liberating Mindfulness’ steadies awareness, ‘Penetrating Inquiry’ brightens interest, and ‘Enthusiasm’ becomes sustainable, a natural uplift appears – warmth, brightness, buoyancy, a sense of aliveness that is not dependent on drama or perfect conditions. Often it’s simple: the relief of not being tangled up for a moment..

Energising Joy (*pīti*) is the *uplift*: the brightening, buoyancy, and aliveness that arrives when the mind is less burdened. It can feel like a warm surge, a lightness in the body, a quiet thrill, a wave of refreshment – energy that rises and wakes the system up.

If Enthusiasm is the steady rhythm that keeps the crossing going, Energising Joy is the moment the wind catches the sails. The effort does not vanish, but it becomes less gritty. The raft begins to move with a new ease – carried for a while by something larger than willpower.

## Self-reflections

1. When a spark of joy or brightness appears, do I grip it – or can I let it come and go?
  2. Do I feel guilty or undeserving when I experience joy?
  3. Can I distinguish driven excitement from wholesome, sustaining joy?
  4. Am I waiting for the world to make me happy, or noticing the small sources of wellbeing already here?
  5. When I feel even a small moment of ease, do I let it register – or do I dismiss it as *nothing*?
  6. When joy shows up, do I look for what might ruin it?
  7. Do I *only* allow myself to feel good after I've *earned* it?
  8. Do I withhold gratitude because I feel my current situation isn't 'perfect' enough yet?
  9. How does the sensation in my chest change when I take a moment to simply say, 'thank you' for my breath?
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## Journaling prompts

1. **Joy audit (micro-moments):** List three small moments of aliveness today (sound, light, warmth, kindness). For each, note *where you felt it in the body* and what happened to your breath.
2. **Rewriting the flat moment:** Describe a recent *grey* spell. What was happening (body, thoughts, environment)? What one gentle action might have shifted the tone (movement, contact, kindness, simplicity)?
3. **Clean uplift log:** Recall a time you felt energised *without* urgency, drama, or stimulation. What conditions supported it (sleep, company, purpose, nature, finishing something)? How long did it last, and what helped it fade into steadiness rather than crash?
4. **Gladdening in practice:** Write one paragraph about a wholesome choice you made (restraint, honesty, showing up, caring). Then write a second paragraph describing what it feels like to *let that goodness land* without minimising it.
5. **Piti and sukha map:** In the last week, note one moment of uplift (brightness, buoyancy) and one of ease (settled wellbeing). What

helped each arise – and which one would support you most right now?

6. **Letter to the inner critic:** Write to the voice that doubts you *deserve* joy. Keep it simple: what does joy support in you (patience, steadiness, kindness), and what happens when you forbid it?
  7. **Savouring without gripping:** Choose one pleasant experience from today and describe how you *stayed with it for 10–20 seconds* without trying to make it bigger. What changed when you allowed it to be small but real?
  8. **The Gratitude Anchor:** Identify three ordinary things that supported you today (for example, a working kettle, a paved road, a friend's text). Write down how these small things made the day easier.
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### **Remember to remember**

Energising Joy is not a luxury; it is part of how the path sustains itself. When the mind is less bound up in wanting, defending, or rehearsing, a natural gladness can appear – the simple uplift of being unburdened, even briefly. It might feel like warmth in the chest, a softening in the face, a quiet brightness, or a sense that life is workable again. This joy teaches the heart something important: ‘Freedom’ feels better than craving, aversion and compulsion – not as an inspiring slogan, but as a lived preference the body can recognise and remember.

When joy comes – whether as a small flicker or a fuller wave – we don't have to seize it or turn it into a project. We can stay close for a few breaths, letting the nervous system register: *this is possible*. Then we allow it to do what it naturally does when it isn't grabbed: it cools and settles. And when it fades, we don't treat that as failure; we return to the steady causes – mindfulness, balanced effort, and the willingness to begin again. Joy brightens the crossing, but it doesn't need to last forever; its deeper gift is that it hands us on, quite naturally, to ‘Deep Calm’ (tranquility) and a more ‘Unified mind’ (collectedness).

*“Reclaim the peace and joy that are your birthright.” ~ Jack Kornfield*

*“Every breath we take, every step we make, can be filled with peace, joy, and serenity.” ~ Thich Nhat Hanh*

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