

No Limit to Joy



Recently, someone was asking for my help. He said that the fear, anger, and confusion in his life take up too much of his energy.

I told him, "It's simple. It is your choice. In your journey of life, get to the crossroads where you can really enjoy, because so often, you're going too fast and don't have time to choose which way you want to turn."

Whichever way the momentum is going, we go. Everything seems to be just going, going, going. Then what happens? Suffering happens. Pain happens. They are not welcome things in life. We find ourselves wondering, "Is this where I want to be?" We realize, "No. I don't want it to be like this. I don't want to be here. I want to feel joy."

If we want to get out of it, we can. Make the choice, because you have an option. A possibility is there for you. You don't have to be controlled by things you don't want. You can live this life and understand the value of your breath. In this life, being grateful, having the feeling of joy, is up to you. It's your journey. You determine the direction you want to go.

Sometimes we think, "I want *that* day back." We have one good day, and for the rest of our lives, we try to replicate that day. Every day holds a promise to be better than that day, but we miss it.

Accept whatever gift is being given today, because it is a gift. Receive it with great joy, and enjoy it. The day that we are looking for may come, and when it does, accept that, too.

The world teaches us to fear. Everything is fear. When we were little children, this is how our parents got us to do things, "Do this, otherwise this will happen to you." Then you go to school, and it's the same thing, "If you don't study, you will fail." And then the world just keeps after you, "Do this, otherwise this will happen; do this, otherwise this will happen."



In the world within, it's not like that. It is positive. Enjoy your life and be fulfilled. It's up to you. It's a beautiful journey, and it grows and grows and gets better and better and better. I don't know how that happens, but it does. Don't wonder how it's possible; just enjoy it.



Awakening is when you understand for yourself that you want your heart to be fulfilled. It's not so important when it happens, as long as it happens. *When* is never the issue. It may take a hundred years, but when you awaken, the ninety-nine years before are not lost. Whatever journey had to be taken, whatever had to happen, whatever it took—it happened.

No matter what happens, we can enjoy life. People give up. It's not over till it is. We can have joy till the last breath. This feeling is the only thing that will stretch to the last breath. Everything else breaks when you try to stretch it that much. But you can take this feeling to the last breath.

I can show you the place inside of you where you can dance. Dance. Dance in your heart and enjoy that dance. Enjoy this feeling. Enjoy this life. With an open heart, fulfill your life.

The heart has no limit to how much it can open, how much it can feel. There is no end to it.

Maharaji