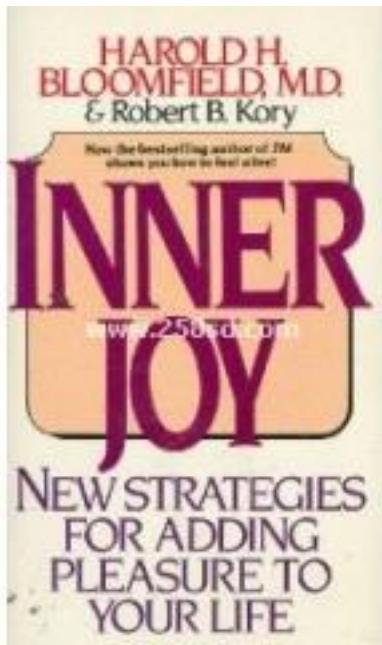


Inner Joy



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Inner joy is a power source. The better you feel—
the more you can draw on your natural energy and ability. Your mind—
is sharper—
your thoughts more creative—
your insights more to the point. You feel at ease with yourself and can take—
life's ups and downs with more equanimity. This insulates you from helplessness and self-defeating behavior—
while expanding your horizons of personal freedom and fulfilling experiences. The greater your inner joy—
the greater your confidence in your own ability—
the greater your enthusiasm for living. Inner joy is also the foundation for declaring your unique—
ness and for expressing those qualities that allow you to use your very own special talents most effectively. Nothing is more destructive to the human spirit and to personal happiness than never quite knowing who you really are—
what

>you really want to accomplish and what you were put here on earth to
>

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