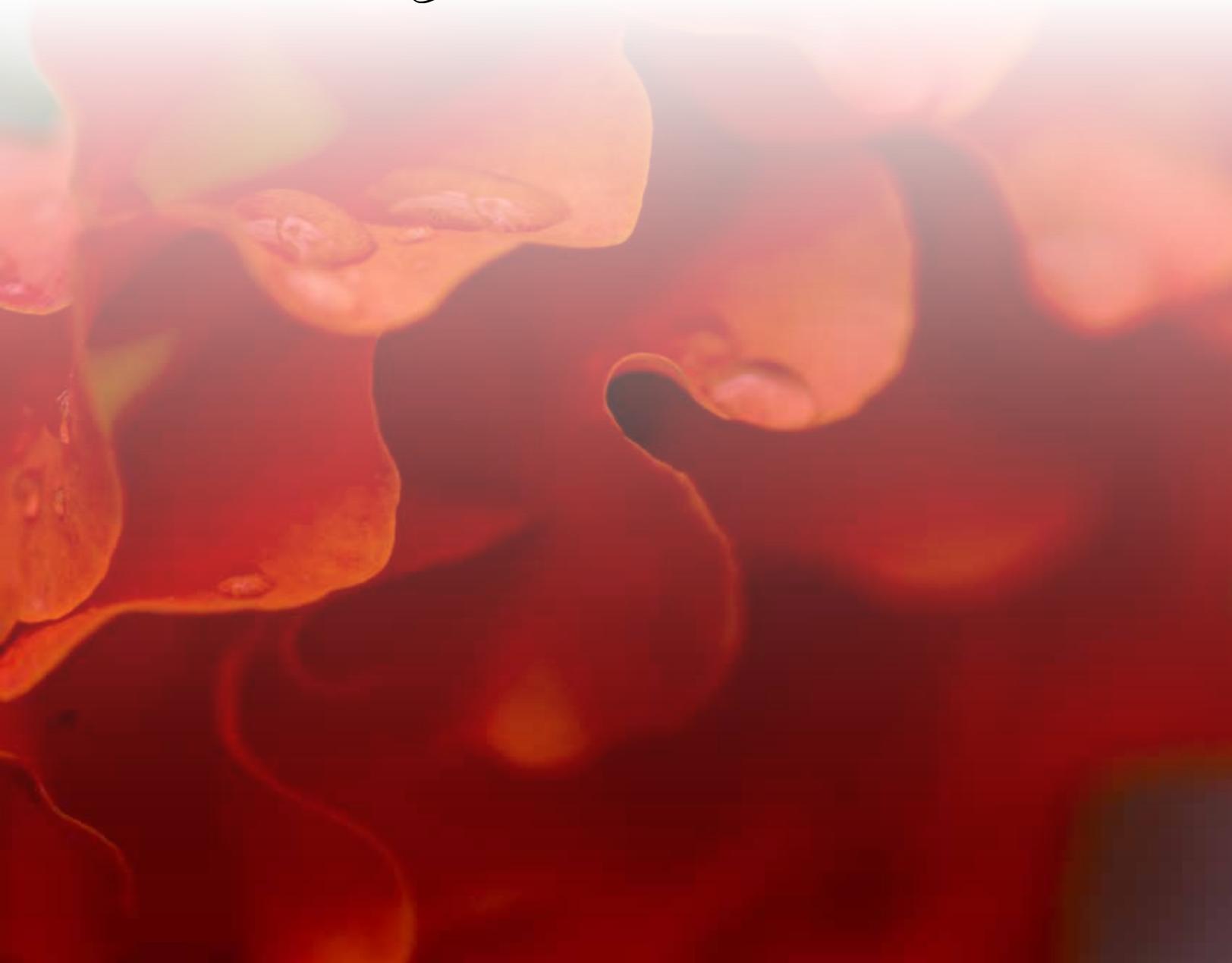




*Joy & Sorrow*



*More than the two solstices, the fire festivals of Beltane and Samhain are fully alive in their season. The one, extrovert and overflowing with fertility and joy, gathering all our vitality to reproduce. The other, introvert and moving toward isolation and darkness, touched by the blues. These are the two seasons of joy and sorrow.*

Joy is exuberant, full of brilliance and vitality. It boosts our immune system, fights stress and pain, and improves our chances of living a longer and happier life. Joy is the simple delight in being alive. In joy we understand that our bliss is right here, right now, where it has been all along.

In sorrow, we forget that our bliss is right here beneath the surface and that it cannot be found anywhere else. Sorrow is the acute pain of separation from the joy of being alive. Sorrow hurts, it isolates.

Let sorrow be. Don't push it away. Acknowledge it. Because if we cannot be vulnerable enough to experience sorrow, we may never be brave enough to embrace joy. Each time we overcome a difficulty—a loss, a heartache, a social obstacle or an unhelpful personality trait—we are initiated into a new knowledge, sometimes even a new life. The evolution of enlightenment cannot take place without the gifts of wisdom and understanding that are cultivated by sorrow. The deeper that sorrow mines our heart, the more joy it can contain.

It is ok to feel sad. In fact, it is very healthy indeed, to grieve at times, as it is the pathway to a loving heart. But it is not a place where you want to stay too long.

We live in a transient world. We can take nothing for granted. Gain and loss are both part of creation. Even so, outside forces are not the sole force behind our joy and sorrow. 50% of the experience of happiness or unhappiness that we feel in our lives comes from our own attitude to life.

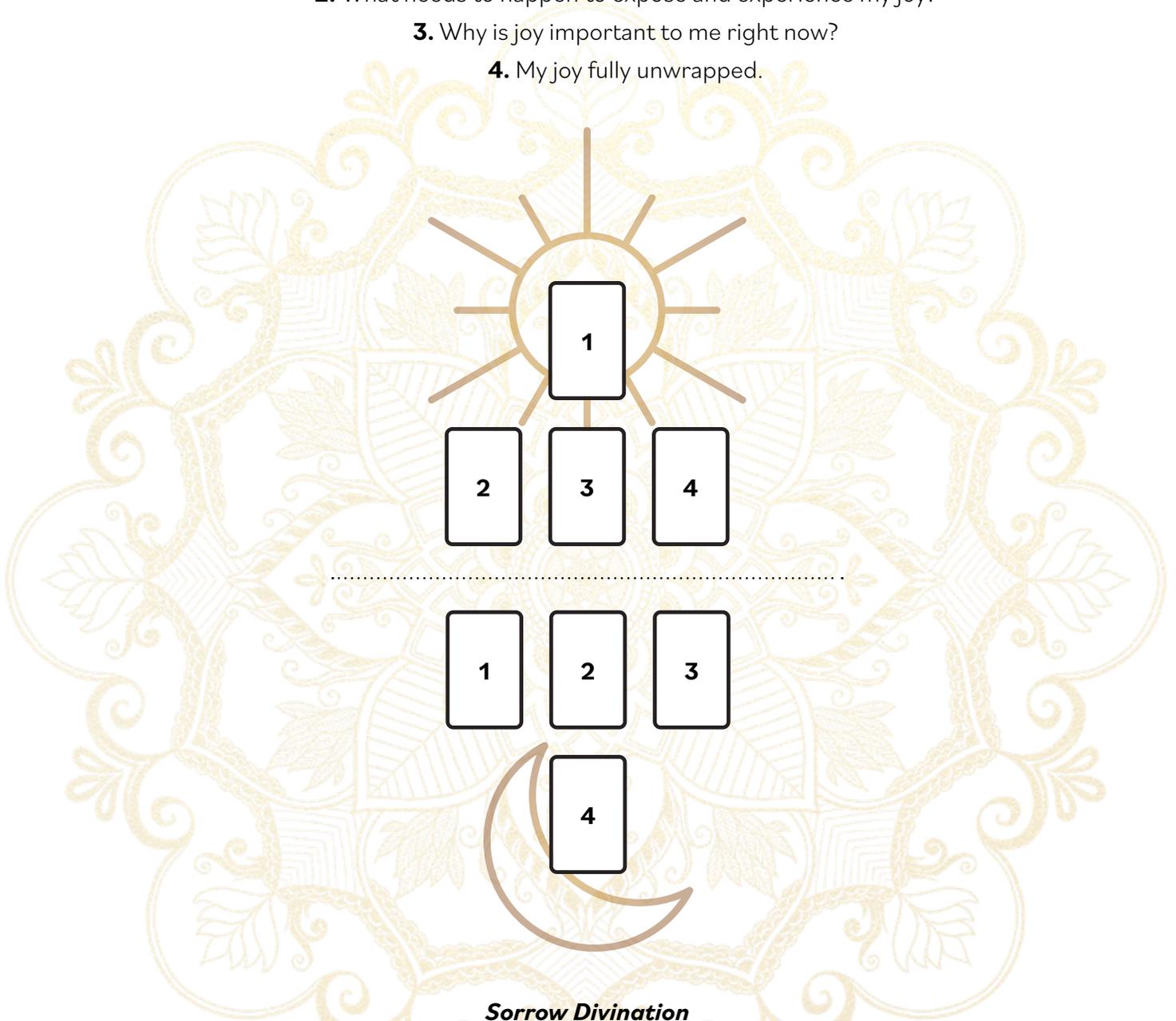
Joy and sorrow are equal partners in the dance of life. They are entirely inseparable. Make friends with joy and sorrow, because without the one, we would not recognize, appreciate, or even celebrate the other. Through joy and sorrow, we honor the legacy of those who have passed, those who live, those who have not yet been born, and we awaken our heart to be fully human.

Be present in every season of life. Be right there with what is going on. Be fearless, be brave, but above all be kind to yourself.

Here follow 2 divinations. 4 cards each.  
Choose which one feels right for you. Or do both...

### **Joy Divination**

1. What veils my joy? Which thundercloud covers my sun?
2. What needs to happen to expose and experience my joy?
3. Why is joy important to me right now?
4. My joy fully unwrapped.



### **Sorrow Divination**

1. What is the sorrow that consumes me?
2. What is needed from outside myself to help alleviate the sorrow?
3. What is needed from inside myself to help process the sorrow?
4. What is there to be learned from this period of sorrow?