


Let us all
lift the vibration
and increase
level of joy
of everyone.



joyfulpractices.com

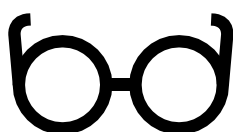
A red geometric pattern consisting of intersecting diagonal lines forming a grid of diamonds. The pattern is centered on the page, with a large diamond at the top and bottom, and smaller diamonds in between.

JOYFUL PRACTICES

AO

JOYFUL PRACTICES

AO



To the reader,

Thank you for picking up this book.

My intention for you as you read and do the exercises in here is for you to lift your vibration and increase your level of joy.

May you always be aware of the infinite blessings around you.

AO

Thank You

To God, for creating and sustaining us all with Your loving presence, thank You for everything, we love You.

To my family, love ones, friends, for always being present with my existence and for all the experiences I will always keep in me, thank you for your love, continuous belief, and support, I love you all.

To all the people I met, meet, will be meeting, for appending in me life lessons I am meant to learn, thank you for being part of me, may we all live joyful fruitful lives.

To you all, for lifting the vibration of the world through your thoughts, feelings, and actions, thank you, may you always continue lighting up the world.

A Word in Publication

This e-book version is my gift for everyone and should remain free.

As the author and creator of this e-book, I give you full authority to download, print, copy, duplicate, share this e-book (for free).

I am encouraging you to make copies of this e-book and share it with people you care about (for free).

Table of Contents

To the Reader	2
Thank you	3
A Word in Publication	4
Chapter 1: Inherent Worth	6
Chapter 2: Learning Passion	13
Chapter 3: Over Baggage	21
Chapter 4: Victory Party	28
Chapter 5: Energy Painting	34
Chapter 6: Your Fire	42
Chapter 7: Original Gift	49
Chapter 8: Unwrapping Sacrifice	56
Author Notes	62



Inherent Worth

A set of small feet are moving, taking their first walk, leaving a trail of tiny footsteps from the powder scattered on the wooden floor.

The air of laughter and excitement filling the house as the first steps of a baby are being experienced by two very excited and proud parents.

The father, grinning widely is walking backward, holding the hands of the baby firmly. "You put the camera here, Love", he whispered to his wife, pointing to where he currently is.

The mother, tear- eyed with joy, started positioning the camera in a way they will all fit the frame, then started carefully treading

the tracks of her baby, her hands stretched out in case the baby stumbles.

The father, face filled with encouragement, began slowly letting go of the baby's hands to let the baby walk freely.

You hear the excited gasps and calls of the baby, who is now managing to move one foot forward.

Pausing and giggling with each step touching the floor, the child gathered momentum and started walking faster.

Now charging, the baby fell on the father's arms while the mother arranged the head sock while cheering on how good the walk was then both shook the child's small hands with maracas.

Along with the parent's wide smiles, the child started laughing, face bright, looking at the camera, triggering a series of white lights flashing.

“So God created mankind
in his own image,
in the **image of God**
he created them;
male and female
he created them.”

Genesis 1:27

The Holy Bible

New International Version

Reflection

Every single person was created in the image and likeness of God. Each of us having the same divinity and integrity within us, regardless of being born of any sex, race, beliefs...

Acknowledging this, at least two things will happen:

First, We will begin viewing each other on a new light, as “ours” instead of me and them.

Second, Your priorities if geared towards proving something to the world, or even yourself that you are worthy will make the reason for that priority be redundant because, in truth, you already are.

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Point to Ponder

Long before every
person is born,
they are already deemed
worthy,
to be alive, to enjoy life;

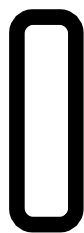
are you acknowledging
your worth
on a **daily** basis?

Action

1. Make a list of **5 experiences** you want to enjoy in your life
2. **Put your hands above your heart** and while doing so, deeply acknowledge you are very much worthy to experience these things
3. Imagine how it feels to be having these experiences on the **present** and be thankful and appreciative about it
4. List 5 things you are already enjoying experiencing now (or have enjoyed in the past)
5. Go through the list and with each one, say the words **"Thank you God for this amazing experience. I am worthy."**

5 experiences I want to enjoy in life

5 things I have that I am thankful about



Learning Passion

A white piano key is struck so strong the sound reverberated the whole stadium.

Thousands of eyes glistening as they silently mused in the dark. All that can be heard is the collective excited breathing of everyone around it.

The sound that previously echoed the stadium is seconded with the same key, this time a struck so soft almost inaudible; then came a third, then another, same note yet repeating faster and louder each time, sounding like a ball falling and dribbling on its own.

Soft white ambient lights slowly glowed, revealing the artist's silhouette fully immersed on the instrument.

A new set of keys started flowing the score and the ambient lights began moving, in varying sizes and color, stretching upwards then in all directions, pointing to the crowd, going back to the stage, circling the artist and the piano then going back to the crowd again, dancing in sync with the music while illuminating the cold smoke now enveloping the whole stage.

Just before the smoke fully covered the stadium, the artist looked up, looking in a direction with recognition.

On the crowd, the artist's parent, smiling, dreamy and teary-eyed, proud with their child, who in their mind, will always be their sweet little baby, who once upon a time, started banging on a toy piano.

“You've got to
find what you love, and that
is as true for your work as it
is for your lovers.

Your work is gonna fill a
large part of your life, and
the only way to be truly
satisfied is to do what you
believe is great work, and
the only way to do great
work is to love what you do.

If you haven't found it yet,
keep looking, and don't
settle.

As with all matters of the
heart, **you'll know when you
find it**, and like any great
relationship, it just gets
better and better as the years
roll on.

So keep looking.

Don't settle.”

Steve Jobs

2005 Stanford Commencement address

Reflection

Can you remember as a child what you want to be when you grow up?

Every one of us has this yearning within us that we aspire to be.

It can be any kind of activity, profession, or way of expression.

Creating art, music, baking delicious and nourishing food, creating drinks, growing trees, learning new things, formulating solutions, making a home, doing a couple of these...

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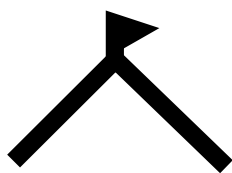
Point to Ponder

If the **child**
you once were
see you right now,
what will the
child version of you
tell you in the present
what you yourself once
want you to do?

Action

1. **Pick a hobby or skill** you are passionate about, it can be more than one.
2. **Write** the hobby or skill on a piece of paper while **imagining** you doing great on that skill or hobby
3. **Take a plant** you can see every day, put that paper on the plant
4. Every time you **see** the plant or **water** it, imagine you doing great on that skill or hobby and acknowledge that as the plant is **growing**, so is your new hobby or skill
5. Every day a lot at least **5 minutes** to do something related to your skill or hobby

Hobbies or Skills I am passionate about



Over Baggage

On the chilling air of pre-daybreak, a man is walking on the wilderness on his way up to a mountain top with a wonderful view. His backpack, heavy, filled with different things.

After a while, he decided to have a break and checked on his backpack for some cigarettes.

Cannot locate the pack at once, the man began removing all of his things from his backpack, one by one, checking repeatedly, looking for his cigarette pack but to no avail, cannot find it; instead, he saw a small hole on the bottom of his bag, big enough for the pack of cigarettes to fall, he reckoned.

Pissed, he snatched all his things and stuffed them all at once on his bag with enough force to crush cookies.

The man stood up and deliberated whether to go backtrack his tracks to look for his cigarettes or to move on forward to his trip; he decided to do the latter, to move on.

Almost reaching the mountain top, he saw there was a wooden bridge he has to pass. Slowly, he walked through the bridge. In the middle of passing the bridge, he felt it vibrate with tension and instinctively, he stopped on his tracks and grabbed the ropes on each side of the wooden bridge. Once it became stable, holding tight, he began walking, slowly, grabbing sides of the bridge with each step.

Soon enough, he passed the whole bridge and climbed the mountain top. Breathing in the wonderful mountain breeze, the man smiled widely, enjoying the view in front of his eyes. The same amazing view he has been looking at a picture since childhood.

Sitting down, he started eating some crushed cookies as he began opening a tumbler of hot coffee.

“And I know what I have to
do now,
gonna keep breathing,
because tomorrow
the sun will rise.

Who knows what the tide
could bring?”

Tom Hanks as Chuck Holand
Cast Away (2000)

Reflection

Sometimes, things will fall away from our lives; things, relationships, circumstances we are already accustomed to thinking we cannot live without. During these times, we are called to stay firm, focus, and move forward towards doing our life purposes.

Imagine the man in the story and the weight of his pack of cigarettes; would the story have ended differently in case he still has the weight of the cigarette pack on his bag as he walks to the wooden bridge?

Letting go may be uncomfortable, painful, irritating, even scary at first; but soon, time will unravel the reasons why these come and go our lives.

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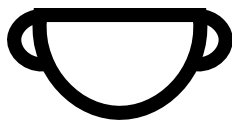
Point to Ponder

In your life,
which aspects
would you want
to take a look at
and review
if it needs
a fresh start?

Action

1. List **5 aspects** in your life you think you should **let go**
2. With each item, put **5 positive reasons** why you want to let go of these things
3. **Imagine** how it feels to let them go, look at the **future version** of you smiling and **proud** about you making this **decision**
4. Go through the list and thank each of the aspects, then finally decide to let go
5. Go for a walk, eat something delicious, have fun and enjoy your new-found freedom

5 aspects I should let go. Why?



Victory Party

People in different clothes entered a room, enjoying the smell of various food and the energetic buzz of exciting chats. Every Friday afternoon, the company gathers together for a tea party and today marks the first year since they started this practice. During these times, they talk about wins on their work and wins on their personal lives.

The company president stood up, and the room still filled with smiles fell silent as he said, "Thank you all for another year of amazing work well done. Our work here in our company is important, yes. Yet I want us to continue upholding this culture, our company's core belief that what is equally important is that we find value on what we do during our work and everything outside our work and that we always take time to celebrate our wins on both."

“The more you

praise and celebrate

your life,

the more there is in life
to celebrate.”

Oprah Winfrey

Reflection

When we get so immersed with our work that we forget to take a pause and appreciate the moment, the wins of the present, we are taking the joy out of the whole experience.

Taking a portion of that work time, and using it to contemplate and celebrate the wins not only lets us appreciate what we are doing; we are also inducing positive energy to ourselves and everyone around us, multiplying the winning energy, creating a high vibrational cycle.

Practicing gratitude on the things we do in life will center us at the present moment, boosting our morale, performance, and satisfaction.

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Point to Ponder

When was the
most recent time
you can remember
you decided to celebrate
your accomplishments?

Action

1. List **5 things** you have **accomplished** recently
2. List **5 things** you want to **do, eat** or **drink** as a reward
3. On the list of rewards, pick at least one in **honor** and **celebration** of the thing you accomplished
4. You may do this celebration **together with someone** as well
5. Repeat doing this every day to **celebrate small wins**, like you can do it while having a meal

5 things I accomplished recently

5 things I want to do as reward



Energy Painting

On a monastery, up in the mountains, a young man and an elder man began talking.

The young man asked, "Ei, what is your secret Paps? Whenever I see you, you seem happy."

The elder man answered, "Alright, I will tell you; but first, get us two cups, coffee grounds and fresh milk".

The young man went to the kitchen and returned with these things.

The elder man poured some milk on one cup, added some coffee granules, stirred it then gave it to the younger man. "Now what do you see?" he asked.

“I see milk with coffee”, the younger man replied.

Nodding for a moment, and with a smile, the elder man reached for the second cup, poured some milk, and added little coffee granules, but this time did not stir. After the coffee granules went down the bottom of the cup, he asked “Now do you see?”.

“I see milk, but I know there is coffee underneath”, the younger man replied.

Looking at the younger man intently, the elder man said “Each of us is like a cup, where milk is happiness and coffee is any other emotion that disturbs that happiness. Every time you add coffee on your cup of milk, your happiness gets disturbed; yet, if you are still enough, you may be able to drink your milk before the coffee sips in your milk

then you may choose to discard it if you want.”

After thinking for a moment, the younger man pointed on the second cup and said, “I see, and if you do not drink the milk on time, the coffee will dissolve gradually and mix with the milk.”

The elder man smiled, nodded then reached for the coffee and asked, "Now what do you think will happen if I keep adding coffee on the cup?"

“Paps, of course it will be more bitter” the young man laughed.

The elder man said no more, the young man pondered on this as both drank their milk coffee.

It is our choices,

Harry,

that shows

what we truly are,

far more than our abilities.

Albus Percival Wulfric Brian Dumbledore

Harry Potter and the Chamber of Secrets

Chapter 18: Dobby's Reward

Page 333

J.K. Rowling

Reflection

Everything we choose and consume in our lives, we are adding them to our life experience one way or another.

The food we eat, the music we indulge with, the movies we watch, the people we bond with - all of these affect our state of being.

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Point to Ponder

Are you **aware** of
what kind of
energies
you are consuming?

Action

1. List all the **music** you often listen to
2. Mark the ones that **spark joy**
3. Create a new **playlist** to include only the ones that spark joy
4. You can also do this to **other aspects** in your life that you consume like movies, food, clothes, people
5. **Enjoy** listening to your new playlist

Music I often listen to



Your Fire

On a school night camping trip, the students all gathered around a bonfire in a semi-circle.

The camp leader is now walking with a wooden bowl, collecting pieces of paper where each student was asked to write one question.

Once all papers are collected, the camp leader sat down on a big rock, and the students began to quiet.

Dipping his fingers playfully on the bowl, the camp leader picked the first question. The camp leader smiling, announced, "What is love?"

There is a sudden buzz of excitement on the group.

The camp leader waited for a moment, thinking, then moved down the rock and began walking around the bonfire. “What do you see?” he asked pointing on the crackling bonfire.

“Fire”, one shouted, “Wood” followed another.

The camp leader stopped walking and looked at the bonfire then said “Right, fire, and wood. Now, what do we do to keep the fire alive?”

“Add some wood or fuel!” one shouted.

The camp leader now faced the students then paused for a moment to look at each one, then said “Love, is like this fire, and same with fire, love needs its fuel to stay alive.”

Love is like a friendship
caught on fire.

In the beginning a flame,
very pretty, often hot and
fierce, but still only light
and flickering.

As **love grows** older, our
hearts mature and our love
becomes as coals,
deep-burning and
unquenchable.

Bruce Lee

Reflection

In every kind of relationship, it is vital to add good experiences to keep the connection intact.

Good experiences like having quality time with each other, eating together, having immersive chats, and doing things for fun are vital.

Investing in fueling your relationships with good experiences will keep your relationships alive, bright, and strong.

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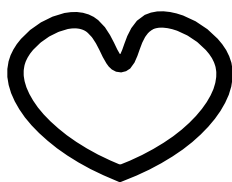
Point to Ponder

Is there someone
you want to
have a
stronger connection
with?

Action

1. List **5 people** you want to have a **strong relationship** with
2. With each people, list **5 things** you consider both of you will enjoy doing together
3. Talk to each person about these activities and **schedule** doing them **together**
4. In case they are not available because of location differences, you can as well contact them **online**
5. Do this practice on all of your relationships and see the **quality** of your relationships **transform**, continue lighting up brighter.

People I care about and things we bond with.



Original Gift

3 sisters went home on their ancestral house where their mother lives. While having an intimate candle-lit dinner, in the middle of their conversation, their mother asked them: "What is the greatest contribution you have given to the world that makes you happy?"

The eldest, a teacher, reached for one of the candles and said, "It is my pleasure teaching wonderful children lessons they will bring forward to the world, seeing students grow with their lives makes us teachers happy." There is a pause as the family shared with smiles of recognition.

Next to the eldest, a chef reached for a rice bowl and said, "Every weekend, our restaurant gives free nourishing food to families in the streets and also talking to

them, and I can say it is one of the happiest aspects of our job.” There is another pause as the family shared smiles of recognition.

The youngest, a catechist said, took her table napkin, showing her initials and said, “We in the convent are visiting people, mostly children from rural areas where access to schools are difficult and there, we teach them how to read and write, telling them good inspiring stories and doing this gives us happiness. The family shared smiles of recognition followed by now a longer pause.

The family’s eyes, now shimmering with the candlelight, continued sharing glances, as the mother, whose eyes reflect the most shimmer stood up. Looking at her children, one by one reaching for their hands, she said. “My children, I must tell you, and I would like you to always remember this, you all are the greatest gifts I have received in my life, for being with you as you grow up and now sharing you with the world is a privilege that gives me deep joy, contentment, happiness as a mother.”

"There are
different kinds of service,
but the same Lord.

There are
different kinds of working,
but in all of them
and in everyone
it is the same God at work."

1 Corinthians 12: 5-6

The Holy Bible

New International Version

Reflection

Every act of giving is an energy of love presented in different ways.

Regardless of what you do in life when you do something based on love, you are honoring the other person, yourself, the community, and The Creator.

All contributions together with the manner of which the act and intention of giving are done, are all to be celebrated, for these are gifts given to both the receiver and the giver.

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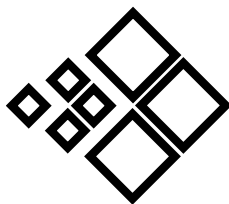
Point to Ponder

Is there something
in your belongings
that you haven't used
for a long time,
which you can consider
giving to someone else?

Action

1. Make a list of all your **belongings**
2. **Appreciate** each belonging you have and consider which ones you are **not anymore using** (like at least for a year now)
3. With the ones you consider to **share** to others, label them as follows: **For gift, For sale**
4. Share your gifts and you may make this a **regular activity**
5. For the items for sale, after selling, take a **portion of your earnings** to share with people as well and you may **buy yourself a gift too**, enjoy.

The belongings I no longer use



Unwrapping Sacrifice

Walking on the sun-heated streets, a man saw a boy who looks like he might use some help. The man decided to go on a nearby convenience store, bought a sandwich and a drink, then gave them to the boy.

The boy thanked the man, unwrapped the sandwich and cut it in four, eating the first quarter and wrapped it nicely again.

The man asked, “you are saving to eat the remaining ones later?”

The boy looked at the man and shook his head slightly then replied, “These are for my 3 sisters so I can share your gift to them when I go home later, tonight.”

The man smiled at the boy, stood up, and went back to the convenience store.

Jesus replied:

“**Love the Lord your God with all your heart and with all your soul and with all your mind.**’ This is the first and greatest commandment.

And the second is like it:

‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Matthew 22:37-40

The Holy Bible

New International Version

Reflection

Every act done with love has a rippling effect.

When you receive kindness and share it with someone, you are becoming the answer to their hope, keeping the gates of blessings open, multiplying it, and creating a cycle. In doing so, both the giver and receiver are enriched.

Whenever you do something good, or someone does good to you, what is it that you feel? Acknowledging this feeling will make you aware of the connection we all have.

Every time you give, you receive, and every time you receive, you give. Enjoying this sharing process is one way to keep you both grounded while feeling elated at the same time.

?

Point to Ponder

What did you
recently **receive**
that you can **share**
with someone?

Action

1. List **5 things** you have **received** that you consider worth **sharing** with others
2. Take a **portion** of each and find **someone to give** it to
3. As you are giving the portion, **let the person know you are happy** giving it to them
4. **Reflect** on how you **feel**
5. **Enjoy** the remaining portion you have, while saying "Thank you for this blessing, the gift of abundance that I can share".

Blessings I will share with someone

Author Notes

Ei,

Wazup? I hope you enjoyed this gift. If you did, feel free to share it with someone. Also, you can do the practices often.

Thank you and I hope you a wonderful, loving, joyful, enriching life journey ahead.

AO, Arjay, Arvin Jayson Tamayo Castro

P.S.

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