



## The Perfect Hiding Place for inner JOY

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"... at the beginning of TIME, four demons gathered to plot an evil deed against humans.

One of them said: what is the most precious thing we can take from these humans?

After much thought one evil demon said: I know, we will take away their **JOY**. But the problem was where to hide the **JOY**.

Immediately one demon said: Let's hide it at the top of the highest mountain. The other demons replied: remember they are strong and one of them will go up and find it and then they will all know where it is.

The second demon replied: Lets hide it in the depths of the ocean. Again, the other demons replied: remember they are clever, one of them will eventually make a submarine to take them there, again they will find it.

The third demon replied: Lets hide it on a far-off planet and they concluded once again, the humans will eventually build a spaceship and find it there too. The last demon, the cleverest of them all, who had listened silently, said after a long time: I know where

to hide it so they would never find it.

The others turned to him and demanded to know "where"?

The clever demon replied: **we shall hide it deep inside themselves**. They will be so busy searching outside themselves, they will never think of looking inside".

*(from Biodanza Site)*

We as human beings need to remember ... The beauty and realness of **Joy** is a feeling of great pleasure and happiness, that it is not about what we have or received, but rather the reflection on who we are and what is happening around us. **Joy** goes beyond a limited explanation ... it is limitless ... it is life-defining.

**Joy** requires the utmost surrender, it is an absolute choice that needs to be made. Through **joy** we unlock a sense of purpose and hope, which ultimately releases you from external "poverty". **Joy** is the gladness we felt from the heart, where in that moment, it is perfect, nothing more is needed. To seek **joy**, one must understand it and allowing yourself to learn it's qualities.

Internal **joy** can be experienced every day, everywhere, any time, whereas external **joy** is applicable to a moment, a certain situation. You cannot teach a person **joy**, it is a natural flow of energy that just bubbles out of you. **Joy** is a definite decision that needs to be made, daily. It is the confirmation that life reflects choices of hope ... **and in hope we receive life's light**.

