

F*ck Fake Joy (swearing warning...)

The “False Positivity” Movement is hindering us from living authentically and realizing true joy! I’m tired of seeing the demands of social media to post “perfect”. We don’t live perfect lives! So, I’m declaring “Fuck Fake Joy!!”

We need realness, honesty, integrity, intimacy, and authenticity! These aspects are what lead us to experiencing TRUE JOY!

When we don’t open the dialogue and create the space for life to be shitty at times and we try to ignore the aspects we’re struggling with, then we can never allow grace, comfort, and strengthening to come in.

When we can’t intimately share with someone that we’re having a shitty day, then we can never receive support and love from those we trust.

Our relationships can never be intimate if they only live on a surface level.

Likewise, if we are never offered the opportunity to comfort, encourage, empathize with those in our intimate circles, we are also limited in learning how to spread love, kindness, and compassion.

People are hurting! We are hurting! But we are all too busy trying to look and act happy to do anything about it. This needs to stop. It’s time to take off the masks

We need other people. We are a collective and we need to learn how to be vulnerable with one another while offering a safe space for others to also be vulnerable with us.

Mental health, physical health, and relationships health are all in crisis.

Take off the masks. Stop compartmentalizing. Build intimacy through being authentic by sharing and asking for support.

Learning how to ask:

- “How can I help support you?”
- “What does help look like to you right now?”
- “What do you need?”
- “What does support look like to you?”

We are responsible for knowing what we need and asking for what we need. We are responsible for ourselves.

What brings you joy?

What does joy look like, feel like to you?

How often do you tap into this feeling of joy?

What needs to change so that you receive more joy in your life?

Joy to me is that self-nurturing freedom.

Remember to:

- Acknowledge what you're going through.
- Find a way to talk about it or release it.
- Find the beauty in the yuck.
- Understand that the yuck isn't going to last forever.

The Guest House - Rumi

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes

As an unexpected visitor.

Welcome and entertain them all!

Even if they're a crowd of sorrows,

who violently sweep your house

empty of its furniture,

still, treat each guest honorably.

He may be clearing you out

for some new delight.

The dark thought, the shame, the malice,

meet them at the door laughing,

and invite them in.

Be grateful for whoever comes,

because each has been sent

as a guide from beyond.

There is tremendous wisdom in despair.

There is tremendous value in sorrow.

There is tremendous gratitude in hurt.

Visual Guided Meditation Questions:

Ask your belly for help on discerning the things you've ignored before.

Ask your belly for help in examining the things you've hidden before.

Ask your belly for way to learn from the incredible wisdom that your belly holds for you.

Ask for ways that you can 'trust your gut'.

Ask for ways that you can co-create with your belly because of that trust.

Ask your belly to show you signs of joy.

What does joy feel like in your body?

Ask your belly for ideas on what joy feels like outside of your body.

See your belly as this huge treasure chest, ask your belly how to get to that treasure that your belly offers you.

How do your hands feel? How does your body feel?

Ask for a picture of something that you can do that will bring real joy to you.

How does that picture create joy for you?

How does your body feel as this picture becomes a reality?

See yourself wrapping this up and put into a box. Wrap the box and put a pretty bow on it. It's a beautiful present that's been compartmentalized and full of goodness. See the paper and bow, holding this box into your hands. And you're offering this box of joy to your heart. What does this feel like in your heart?

Allow your belly to be a gift-giver and tap into the wisdom of your belly as it offers the joy to your heart.