

LIVING A  
*Joy-Filled Life*



*Wisdom from The Ancient Ones*

AS CHANNELED THROUGH JANICE LYNCH

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# Surrender Into Great Joy

There is great joy in the world. Also, great sadness. Which do you feel?

One level of your perceptions allows you to notice the great suffering so that you may be a piece of the healing puzzle. Another level of your perceptions allows you to notice the great joy so that you may heal yourself. Both perceptions have value, yet getting lost in the perception of pain weakens your spirit.

*It is only from the place of great joy that one can venture into the great sadness and not be diminished by it.*

Surrender into the great joy. This allows you to fall into the Divine arms of Love for support and sustenance. Awaken to the great joy and this allows you to hear your inner calling.

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Listen to the great joy and this allows you to sense your spiritual connections to all things. Dance in this great joy and you find your true family.



*From this place of great joy and receiving support and sustenance, hearing your inner calling, sensing your spiritual connections and your true family you shall find fulfillment. This fulfillment abides within you in all circumstances.*

If you feel shaken in your sense of this joy, the fast access track for reconnecting into this great joy abides in prayers of gratitude. Really allow yourself to feel the gratitude for something significant. Heat in the cold weather is significant! Offer a prayer of gratitude for that! Medicine when feeling ill is significant! Offer a prayer of gratitude for that! Not needing medication because you are well is significant! Offer prayers of gratitude for that instead!

Gratitude seems hard or duty-bound until you really consider the blessing behind the gratitude. Once you reclaim those blessings - even the small ones hold great significance! - - Then you easily flow into the energy of great joy.

We wait for you there.

# Exploring Inner Joy

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Life's circumstances may be experienced and explored with open curiosity or they may be filtered through auto-pilot or self-judgment. Often self-judgment activates auto-pilot because judging one's self to be less than takes all the fun out of life! Remove the fun, remove the joy, life becomes, well . . . . lifeless.

We are fortunate to live in the ethereal realms where we experience joy at all times. We see your suffering and your pain and have compassion for you. Yet, we take action in your behalf rather than experience a lack of joy.

We celebrate your valiant efforts to vanquish fear and rise above conflict and distress. This is worthy of great joy! Even when you do not see your progress, we rejoice in it!



We bring you signs and evidence of this joy. Can you perceive it?

Notice that whenever things seems the darkest, it is easiest to reach out to Divine Source for assistance.

We hope you reach out even when things are just boring! To us, boring is an alarm bell ringing loudly announcing that you have forgotten who you are.

Find humor in every little thing and joy floods the landscape and brings you energy, peace, perceptions and power to move forward.

We cannot say enough about the influence that a smile has upon your world. Not just your personal world, but the world around you. Allow yourself to find delight in the little things.

We wait for you there.

*Allow yourself  
to find delight  
in little things.*



# Joy-Perspective

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Laughter comes from your inner being. It is the moment when reality and perception intersect in an insightful way so that you see something in a new and different way. This is how we wish you would live every moment. Perceiving life in new and different ways.

Reality attempts to make you see the worst of things . . . the fear of things. Spirit calls you to see things differently and from a different perspective. This joy-perspective shatters the filters of fear and loss.

*This joy-perspective allows the true light of life to shine through.*

There is sorrow and pain that accompanies being human. Yet, this life experience is not the sum total of being human. There exists so much more!

A story of compassion touches your heart and delivers you out of sorrow. A tale of fun releases burdens and your journey lightens a bit.

So we encourage you to live life so you have a story of compassion to share. Live life in such a way as to find humor in all life has to offer. This will give you a fun tale to tell.

*Share your compassion. Share your joy.  
In so doing, you share Love.*



# The Key to Joy

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“ *Your consciousness holds an active presence within the Universe. Your awakened awareness rests within the expansive knowing of All That Is. Your open mindfulness exists within and influences the world.*

Each thought you generate contains an electrical charge. More repetition of the same thought sets up energy fields in your world. When one person's thought field is in harmonic with another person's thought field, the collective energetic field expands.

For good or for ill, the energetic field influences an energetic field around itself. This is why hate leads to more hate. Love leads to more love. Gratitude leads to more gratitude. Joy leads to more joy.

People willing to become joyful gravitate towards a person with a joy filled energetic field. Those unwilling to become joyful gravitate towards those without joy in their energetic field.

This may not seem to be a conscious choice, yet it is a choice and each person has the capacity to change should they become willing to do so ... or ask to be gifted with willingness to shift.

Joy begets joy. Joy expands joy.

**So, how does one create or allow their energy field to fill with joy?**

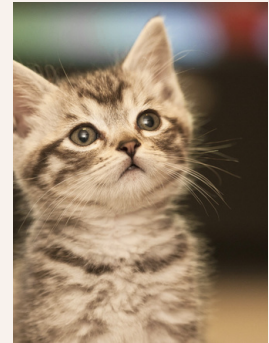
**Notice** a blessing - any blessing - in your life right now and become glad about it. You may not experience giddy glee, but you've just shifted the energetic field within and around your body to the resonance of joy.

The sun is shining and you can become glad about it. The night sky seems peaceful and you can become glad about it. You ate something that tasted good and you can become glad about it. Again, be glad about any blessing.

**Notice** any blessing with gladness. Whatever experience you may find yourself within, notice any blessing with gladness.

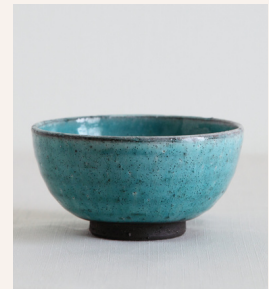


**Notice** that, while you are noticing the blessing, that you become able to feel relief that the blessing exists for you.

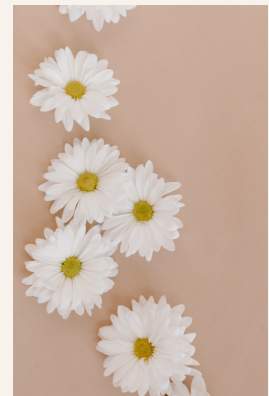


**Notice** that you feel more at ease. Notice that you begin to feel less burdened.

**Notice** that you experience a brightening sensation around your eyes. Notice that you experience a more expansive awareness of your surroundings.



**Notice** that you feel glad about this expansion in your awareness - even if your surroundings are less than ideal, you begin to feel glad that your awareness has expanded.



**Then notice** another blessing and repeat the gladness process we just shared with you.

Each time you notice a blessing with gladness, your energetic field shifts towards joy. Joy is the expanded version of gladness.

*Joy is your rightful state of being.  
Reclaim this right.*

We await your return to joy filled awareness.



# Re-Engage into Joy

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On one hand, it appears that days, hours, moments slip by so very quickly. Things that happened years ago feel like they happened just yesterday.

On the other hand, time seems to stand still. Moments seem to drag with heavy weights attached. Time does appear to change with our attention and our awareness. When one is connected creatively in their world, time flies. When one is disconnected from Creative Source, time drags. We languish in the disconnected moments and life flies by while we are engaged and connected.

We wish it were the other way, do we not? We wish we could hold on to those connected and engaged moments and we wish the difficult times would fly by.



Truth is, by connecting and re-engaging, we move more quickly through the difficult moments of life and allow Loving Spirit of Light to uplift and carry us through.

Unfortunately, re-engaging is the last thought of the disconnected mind.

Feeling bogged down? This reminds you to reconnect - to re-engage spiritually and creatively with life. When bogged down, one forgets to do what they love to do.

The bog-fog causes the spirit to submerge and be still. This is called survival. Yet, one doesn't survive well this way. Survival happens best - even in troubling times - when one is fully engaged in life.

### How to begin to re-engage?

Notice with your expanded awareness the world around you. Notice its colors and flavors - its smells and its sensory input.

What are you experiencing right now? How do the clothes on your body feel? What does the world outside your present location look like? Cold and dreary? Bright and clear?

Notice and pay attention to what you see and experience. This drops the bog-fog down a few notches and your spirit can emerge to assist you in your life experience.





Once your spirit is re-engaged, you may find a clearer directive for what brings you joy. Love to cook? Might want to make something. Love to paint? Might want to make something. Love to garden? Might want to get your hands into the dirt.

We encourage you to find balance in the being and the doing.

The act of being, without an engaged spirit, leads to the bog-fog exhaustion. The act of doing, without the spirit, leads to overwhelmed, duty-driven exhaustion.

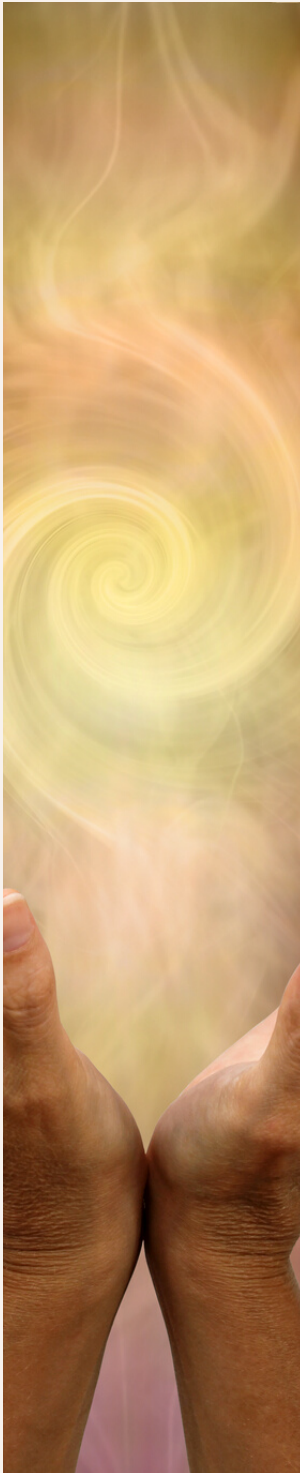
*The key to a vibrant life is balanced, engaged awareness.*

This leads you into joyful expression of your true self that transcends the restriction of time.

You tap into the joy, grace, and bliss of eternity both with mindful being and with mindful doing.

# A Joyful Nudge

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*Energy exists around you. Can you sense it?*

With an open heart, your expanded awareness can sense the energy. Some miss this sensing because it is subtle and they think it should feel more like a shock or a push.

Truth is, the energy we wish for you to sense is very light. It may even feel like nothing, yet maybe there was something there. It may feel like a breeze across your hands or it may feel like what you thought might have been a whisper of a breeze across your hands.

If you think you sensed it, you did!

The more you tune yourself into this subtle energy the easier it is to sense. Self doubt will be your biggest deterrent.

Once you begin to sense these energies, it will be far easier for us (along with your angels, guides and Divine Source) to send you a nudge of guidance.

To sense this guidance, be still for a moment and ask for it. "Show me my next step," you might say. Or, "which step will bless my path." Or, what would be good for me to know about this . . . or that?"

Then, be still and notice what comes up into your awareness. The nudge may appear to be a recalling of something left behind. The nudge may be a quick flash of something you own. The nudge may be a startling new insight.

Be still with whatever appears. Often the moment you perceive it, you will intuitively know your next step or the direction to take or the answer to your question. This intuitive insight is called discernment.

You are learning to master the tool of discernment. Ciphering out what the clue/guidance/nudge means to you. You may ask others their opinion, yet our guidance is specific to your life to this point.



You have experienced things no one else has. You recognize what others may not perceive. Trust your inner wisdom as you learn to recognize it and follow it.

You may not have much experience with this or feel as if you cannot yet trust your inner wisdom. Yet, your inner wisdom is subconscious derived and Divinely inspired.

*The only way to develop trust is to take action on the nudge.*

It may not give you the result you expected, but it will give you the result best for you now.

You will notice that stillness at each stage is vital. One need not traipse up a mountain and sit for hours. A simple moment of beingness is all that is necessary. You will find the ask, nudge, insight process delightful.

It is fun to receive guidance in this way. It is fun for us to give you a nudge. What a joy!

Let the joy abound!

## *THE ANCIENT ONES*

