

Ten Good Ideas

1. *Seek joy - first and foremost.*
2. *Seek reasons to laugh.*
3. *Seek reasons to offer words of praise - to self and others.*
4. *Seek beauty in nature, beasts, and other humans.*
5. *Seek reasons to love. In every segment of every day - look for something that brings forth within you a feeling of love and appreciation.*
6. *Seek that which uplifts you.*
7. *Seek opportunity to offer that which uplifts another.*
8. *Seek a feeling of Well-being.*
9. *Know that your value can only be measured in terms of joy.*
10. *Acknowledge your absolute freedom to do any of these things or to not do any of these things - for it is, without exception, your choice in every moment of every day.*

This is the recipe for eternal joy. And it will provide a format for a life of dramatic, magnificent creating, that also feels like the "bottom line" to you. All depends on how much value you can assign to joy. What you need to understand is that your value can only be measured in terms of joy.

Once you get upon that path where you are seeking and finding - you are abundant with joy. You see, the nice thing about this offering is that you cannot seek something without finding it. It cannot be. For that which you are asking for is always that which is coming to you.

Source: Abraham, A New Beginning II