

Day 12: Joy

Quote

Joy is what happens to us when we allow ourselves to recognize how good things really are. Marianne Williamson

Bible Verse

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. Psalm 16:11

Inspiration

Ode to Joy

<http://www.youtube.com/watch?v=kbJcQYVtZMo>

Journaling

What gives you joy? What good things are you thankful for?

Technique

Use one of the techniques from the resist techniques list.

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MARIANNE WILLIAMSON

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