

Joy

Is fun

and laughter,

smiling presence

outside of

the ego

shell

Mark Moloney

Joy

Is true

elation

flying soaring

true bliss my

heart is

full

Joy

Is God

smiling on

each one of us

filling our

hearts with

Love

Joy

Is true

and so is

life with the chi

T'ai Chi Chih

Is joy

now

Joy

Is a

Soft touch, smile

connectedness

true knowing

of a

friend

Joy

Being

centered

at one with all

centered

being

Joy

Joy

Is gift

already

freely given

abundant

enjoy

now

Joy

Is love

harmony

reality

T'ai Chi Chih

sharing

chi

Joy

Is much
nearer to
Reality
spiritual
always
there

Joy

Is the
most highly
valuable
thing one can
ever
have

Joy

oh boy
yes sir ree
yip pee ki ya
whoop dee do
shazam
whew

Joy

Is me
being me
you being you
empty self
ego
gone!

Joy

Is one
part of life
that gives us peace
in ways we
thought not
possible

Joy

Is here
joy is now
joy thru movement
T'ai Chi Chih
we are
Joy
Stephen Thompson

Joy

Is love
in my heart
bubbling with golden light
igniting my soul
with fire
Joy

Joy

Is here
present now
in the moment
awareness
within
me

Joy

Is now

joy in one

know thy beat self

joy is self

now is

joy

Joy

Is _____

Joy

Is _____

Joy

Is _____
