

The Circle of Enjoyment

(reprinted by permission from ***From Sad to Glad: 7 Steps to Facing Change with Love and Power***, by Janet Bray Attwood, Chris Attwood, James Moore and George Foster)

Life is here to enjoy. The purpose of life is the expansion of happiness. Every great spiritual teacher will tell you the same thing. “Well, then, why isn’t it enjoyable for me?” you may ask. Maybe because you’ve been spending your life arguing with reality.

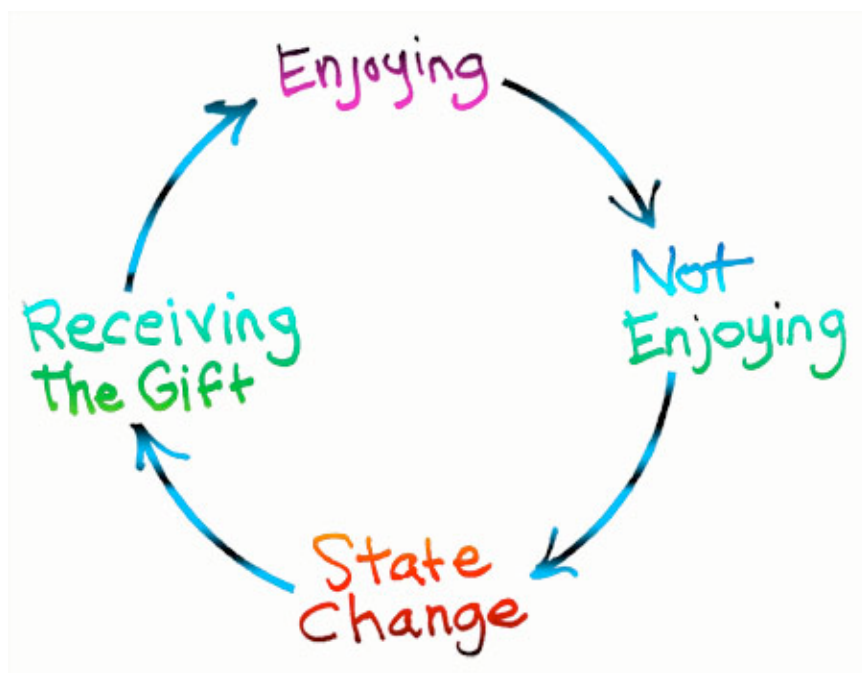
You can argue that a cat should bark as long as you like, but at the end of the day the cat will look you in the eye and say, “Meow.” The question is: Would you rather argue, or would you rather enjoy?

You get feedback constantly about what makes you happy. For the spiritual among us, we could say God is speaking to us every moment of every day. The question is: Are we listening? Noticing?

Okay, here’s another little secret we’ll share with you. We call it: “The Circle of Enjoyment.”

Think about something you love to do. Anything.

No matter what you are doing, no matter how much you enjoy it, there comes a point when you aren’t enjoying yourself any more. Paying attention to when you stop enjoying yourself is the first part of the Circle of Enjoyment.



Once you realize you're not enjoying yourself anymore, you have a choice—continue what you're doing or make a change. If you're working on a project that has to be done, you might be tempted to keep pushing even if you're not enjoying it.

This is your will. But the stream of fulfillment is the path of enjoyment. Life is here to enjoy, remember? This means being in the stream of fulfillment is the way to get the best results. When you stop enjoying, you're being told it's time to stop pushing.

When you stop enjoying, it's time for a State Change.

A state change means creating a change physically, mentally, emotionally or spiritually. A change in one, creates a change in all the others. A state change allows you to begin enjoying again.

This is the same principle a mother uses with her children. A wise mother faced with an upset child doesn't try to convince the child not to be upset. She introduces a new element.

She may hold and nurture the child (an emotional state change). Or she may divert the child's attention to a toy or something else the child likes (a mental state change). Or she may tickle or bounce the child on her knee (a physical state change).

In order to know what kind of state change to do, notice what state you're not enjoying, then change to one of the other states (physical, mental, emotional or spiritual).

For example, as we were writing this book, sometimes Chris, Janet and Jimmy would get very intensely focused. When one of us noticed it didn't seem very enjoyable, they'd say "Airplane!" That was our signal for a state change.

We'd take turns lying down on a bed with our feet in the air and balance one of the others whose job was to put their arms out and make like an airplane.

Does this seem silly? Of course it is. And it never failed to make us laugh and put us right back into enjoyment mode. A state change provides relief. When you're cramped, it's like a reset button that creates openness.

And being open to receive the next gift coming to you is the final stage of The Circle of Enjoyment.

What's the gift? The next thing that naturally presents itself to you, something that speaks to your enjoyment. Remember, life is here to enjoy. There is always something to enjoy. It's a matter of where you choose to put your attention.

A traveler once asked a wise man, "Did you pass the dead dog on the road?"

"Yes," said the wise man.

“Wasn’t it awful,” questioned the traveler?

“But it had such beautiful teeth,” said the wise man.

You will enjoy your life when you choose to see that which is enjoyable in every aspect of your world. But how do I do things that I don’t enjoy, you might ask? Excellent question!

What happens when you don’t do something that is truly necessary for your life? For example, some people don’t enjoy paying bills. They pay them because they “have to.”

Yet, if you choose not to pay the bills, what will happen in your life? There will come a point when nothing is enjoyable, except paying the bills.

When something is really essential to your life, you’ll discover that when it absolutely HAS to be done, you won’t be able to enjoy doing anything else. Check it out. Don’t take our word for it.

The purpose of life is the expansion of happiness. What it takes is trust. A willingness to trust that reality is designed to support your fulfillment. Or you could say, trust that the natural laws which govern your life are designed to support your happiness.

This trust is what it means to surrender your will to God’s will. The result is a life lived in fulfillment.

Begin now. Practice the Circle of Enjoyment for a full day and see how it feels. At the end of the day, you might even write down what it was like to do what you enjoy all day. Make note of the results. And then practice another day and see how that feels. Continue this practice and the day will come when you enjoy every thing you do, every single day.