

# ACTIVATE JOY

*By Alix Sandra Parness*

## Chapter Two: Finding Your Joy

### **WHEN BELIEFS BATTLE THE BODY**

“My health was very poor at the time I decided to attend the Inner Focus School. Feeling happy was not at all easy. I would have settled for one day of feeling good. At that time I had lost 20% of my body weight and I was in a physical and emotional crisis. I didn’t understand what was happening to me. I tried so many things to find relief and I was tired of trying. I felt like I wanted to die. I simply didn’t know what to do. I was scared.”

Andra had been to many practitioners, none could give her relief. The thought that no one could help her was overwhelming. She also had digestive issues. Her muscles were taut all the time, she was visibly clinched up, afraid of the world and everything in it. She had left the corporate world, believing her health issues related to job stress. When she came to an Inner Focus class (my school in Las Vegas) for the first time, she didn’t know if she could make it through the day. She was weak and needed to eat and sleep every few hours. Working together for a short time, she realized that her mind would obsess about things, especially negative experiences or worries about her health. Strongly embedded negative patterns held her tight. She truly believed that there was something wrong with her, that she was unlovable, that her life had no value, that she was small and insignificant. These beliefs were visibly reflected on her body.

As her healing progressed, she learned to discern the voices inside her of the Perfectionist, the Critic, and the Commentator. These “Yabbits” were her point of attraction, running her life and keeping her trapped in fear.

Each new awareness lifted Andra out of the deep despair that had become her life and she showed greater and greater strides allowing the true light of her higher self into the forefront of her life. Later she told me, "I didn't know that I was missing something. My life lacked so much...beauty, love, peace, mystery, adventure, joy..." She wrote me a note that is close to my heart. "The tools that I have learned from you, AlixSandra, have been invaluable. They support me in increasing my awareness of who I am. They also give me the confidence that I can know anything about myself and change anytime I desire. As a result of my determination to live, I have been able to free myself pretty much from limitations. And I am so much happier!"

As I watch others move beyond very challenging obstacles, I know that finding joy is possible even in the most extreme circumstances. For myself, I now fully accept the parts of the *Activate Joy* puzzle I had been missing.

**I absolutely know now and accept that:**

- I am an eternal being — I am in the world but not of it.
- I am okay and there is nothing I need to prove to anyone because my worthiness is a given truth.
- Everything is within me. Free choice allows me to choose my expression, no matter in what direction I want to go.
- Everyone else is okay just the way they are.
- Whatever has already manifested in my life is irrelevant to who I am right now.
- JOY is the essence of my life purpose, and following my joy IS my only purpose.

Whenever I read that list, I feel a thousand pounds lighter. I now realize the extent of the debt I incurred by denying the greater part of me all these years. That is what had been missing. When I feel these words come alive within me, I am in a hot air balloon and each statement is a weight that drops away, allowing me to align with my true self, that part of me that loves me unconditionally. Eyes of appreciation watch me unfold as I rise to the occasion of my enlightenment again and again. Softly, joy enters my heart each time I see the world from a

higher perspective than ever before. I can see more clearly now through the eyes of my greater self.”

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