

A scroll of parchment is unrolled against a dark wood background. The scroll is tied with a red wax seal at the bottom center. The text is contained within a white rectangular box in the center of the scroll.

The Joy Manifesto

I believe that the world works better for everyone when each person is contributing their full potential. When we create in a state of joy, we create more amazing things, easier! More than ever, the world needs our heart, our love, our joy – that is how we will create an amazing world community. We can't get there if we are too exhausted to share our joy and light with the world.

So, go easy on yourself. Do less, rest more, take walks, smile, laugh, be happy and know that you are *accomplishing* so much more by doing those things than you could possibly ever imagine. Then, allow the magical force of the world to easily, effortlessly, bring your biggest dreams to you!