



Jam #2 - Play by Delight

What

Playing by Delight is about saying YES to the things that bring you joy, doing what lights you up inside simply because it lights you up inside. Give yourself into it entirely. Relish it. Let it fill you up. It is not selfish. Filling yourself up this way enables you to better serve the world.

It involves discerning and acting on our inner guidance by using the compass of joy. In this case, NO can be just as affirming as YES, because every NO protects a truer YES.

“I find joy because I look for it.” Amrit Desai

Following your joy keeps you on your playground.

OY vs. JOY

The brain has an innate negativity bias. This is different from the discerning NO. It's Oy instead of Joy. Looking for what's wrong and not working. With a little effort we can shift it to the compass of joy, focusing your attention toward the people, pleasures, and thoughts that give you joy and to what's working.

Following your joy keeps you on your playground.

Little choices & Big choices

Little choices – what to do moment to moment, what to eat, say, etc. tend to have more to do with pleasure – what would feel good now.

Big choices tend to have more to do with meaning and direction – Eudaimonic happiness. It can entail hard work.

Life is made up of little choices. Adyashanti & Llewelyn Vaughan Lee.

It can involve not knowing and just waiting, don't act until you feel your whole body resonate. The trail of yeses will take you to the playground.

Button Sabbatical. I crashed after my TEDx talk and the elections and I couldn't do anything. No, no, no. And then came buttons. Little vintage buttons.

It takes discernment and sensitivity. It takes a compass. I call it the Compass of joy.

Question: What are the signals you get that tell you it's a YES!? Little ones or big ones. Our bodies are the most reliable feedback instrument for joy. It generally comes with a sense of ease and well-being.

Why is joy a reliable compass? Isn't it hedonistic? Or selfish?

The difference between pleasure & Joy – the Hedonic treadmill vs. Eudaimonic (meaning filled joy). Interestingly, happiness research reveals both are essential.

“Regularly indulging in small pleasures (such as warm baths!), getting absorbed in challenging activities, setting and meeting goals, maintaining close social ties, and finding purpose beyond oneself are all actions that increase life satisfaction.”

Everything we have ever done we did in order to be happy. Even if it was misinformed.

By following the compass of joy, we hone it and become more sensitive. It's kind of a purifying process. Detoxing from Proving Ground & Battlefield influences.

It ultimately moves toward health because what really feels good is life-affirming. Life reinforces life-affirming choices by making them feel good.

Joy isn't about fleeting pleasure, though it can be very pleasurable. It's a deeper sense of being aligned, being YOUR SELF, living YOUR life, taking good care of yourself. It's a supreme act of self-love.

Exercise: move your body in a way that feels good. Find a shape that feels even better.

Is this not self-absorbed, narcissistic? Selfish? What feels really good is being kind and generous to other. Enlightened self-interest – we're taking good care of ourselves by caring for each other and our world. If we really follow our pleasures, they bring us to our virtues. The good, the true, the beautiful, the playful.

Following our pleasure helps us learn what is the truest source of our joy. It's good to get what you think you want as soon as possible in order to discover that it doesn't really satisfy. There's no cheese down that tunnel. Eventually, we realize that nothing on the Proving Ground will ever satisfy us because it only affirms that we're not inherently and unconditionally worthy of love and happiness. Eventually, all tunnels lead to play!

IN PAIRS EXERCISE: What were some big yeses in your life! How did you know? What did it feel like in your body? What did it make possible?

HOW

Playing by Delight is about getting in touch with our intrinsically motivated. It comes from the inside out. Central to the definition of play is intrinsic motivation. Csikszentmihalyi called them autotelic. Playful people are autotelic.

That means we have to know what we want, what delights us.

When we're on vacation, it can be easier, but as soon as we're in intense situations, we end up on the proving ground. External

Toddler Drive - Most of us knew this as Toddlers before we got socialized. We are active drivers. We see something we want to touch, we touch it. We might have had so many prohibitions that we suppressed that part of us. Put a lid on our impulses.

Exercise: TODDLER TIME - Look around and notice any impulse toward or away from something. Move toward something, touch it.

Not all impulses should be acted on. We don't necessarily want to put everything in our mouth. But it helps to actually notice the impulse.

Spontaneity vs. Impulsivity! – Viola Spolin. The whole of the self, responding in concert to the whole of the environment. No part left behind. A deep attunement to self and world.

WHAT FEELS GOOD?

Start with what feels good - The difference between pleasure & Joy – the Hedonic treadmill vs. Eudaimonic (meaning filled joy). Interestingly, happiness research reveals both are essential.

Taking a bubble bath is hedonic joy. Having a child is Eudaimonic joy. It brings the joy of meaning, which can come with hard work and sacrifice. Still, we're following our bliss.

Happiness research tells us that both hedonic and eudaimonic pleasure “Regularly indulging in small pleasures (such as warm baths!), getting absorbed in challenging activities, setting and meeting goals, maintaining close social ties, and finding purpose beyond oneself are all actions that increase life satisfaction.”

HONING OUR COMPASS

By following the compass of joy, we hone it and become more sensitive. It's kind of a purifying process. Detoxing from Proving Ground & Battlefield influences.

It ultimately moves toward health because what really feels good is life-affirming. Life needs you to be motivated to keep living so it rewards you by making the life-affirming choices feel good.

Following our pleasure helps us learn what is the truest, most life-affirming source of our joy. You can't really skip any steps. The compass gets honed from use, experimentation. We cultivate wisdom.

Story - Wisdom – Good judgment. How do we get it? Bad judgment! Tadaaaa!

We often look for joy in all the wrong places. That's okay. It will get clarified and refined. That's what life is all about. There's no cheese down that tunnel. New tunnel? Or stop chasing the cheese? Looking and start being? Eventually, all tunnels lead to play!

Trusting the life-affirming impulses.

Exercise: move your body in a way that feels good. Find a shape that feels even better.

The focus starts on ourselves, but most of us know that what feels really good is being kind and generous to others too. If we really follow our pleasures, the compass takes us to our virtues. The good, the true, the beautiful, the playful.

CULTIVATING SENSITIVITY

Becoming sensitive instruments for joy can take silence. Tuning into ourselves. Receiving the signals for what true joy is. True North is True joy. Meditation, mindfulness!

It not only helps us feel safe.

MAGICAL CHILD

Qualities of the Magical Child – Innocence, delight, awe, wonder, amazement. It believes in magic! Unreasonable possibilities! It balances the seriousness of adulthood. The energy of this archetype is infectious!

The girl on the airplane – Look we're taking off!

Mature Innocence – Not Ram Das

Nietzsche's parable – The child, the camel, the lion, the child.

BE AMAZED

"He who does not know it and can no longer wonder, no longer feel **amazement**, is as good as dead, a snuffed-out candle." - Albert Einstein.

Amazement takes us to the playground!

Exercise – we are actually here, off to the edge of a vast floating whirlpool of stars, alive and conscious, walking and talking on a big rock circling a bigger burning ball of gas. Here, now, nearly fourteen billion years after the cosmos emerged out of nothing. What the?!

Challenge: Create an amazing journal!

"When it's over, I want to say: all my life

I was a bride married to amazement.

I was the bridegroom, taking the world into my arms.

When it is over, I don't want to wonder
if I have made of my life something particular, and real.
I don't want to find myself sighing and frightened,
or full of argument.
I don't want to end up simply having visited this world."

PRACTICES

LOOK FOR JOY - Follow your compass of joy

Notice what delights you moment to moment and do that. That can mean **Just plain playing more**, the way you like to play. Saying yes to your impulse to stop working before you collapse and a hoola hoop for five minute!

Follow the "YES" trail - Notice when you're feeling a whole bodied, whole hearted "yes," to something - whether it's to a new job, a client, or the tuna sandwich on the lunch menu. Notice and act.

CREAT JOY - Be spontaneous - Surprise and delight yourself on a regular basis. That means acting on the "YES" on a moment's notice without belaboring it. Like, if you happen to have a flower in your office and a co-worker is having a bad day, just give it to them. Look for opportunities to surprise and delight everybody.

BE AMAZED – Create a "The most amazing thing in the world" Journal!
Share your amazement with others!

With your buddy!

DECIDE WHAT CHALLENGES YOU WANT TO TAKE ONE.

CREATE YOUR PERSONAL PLAY PRESCRIPTION

WHAT KIND OF PLAY DO YOU WANT TO BRING INTO YOUR LIFE?

WHAT ARE THE BLOCKS?

WHAT KIND OF SUPPORT DO YOU NEED?