



The Joy Decision: DEEPER

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Beloved, within this course you'll find some questions, deep and mystical, for you to journal or ponder.

Take your time, darling one. Let the offerings swim and dance through your cells.

Allow your intuition to guide you.





Prologue

As you witness the Artist's process in trying to capture his subjects' essence, how does it make you feel? Is this something you can relate to? Can you describe a situation in which you wanted to grasp the energy of something, yet it eluded you? What could you offer yourself in these moments?

When you have a yearning that is difficult to put into words, what other forms of expression can you use? How does that expression help you move through the yearning and bring you into a space of greater understanding?

When we look for truth in something or someone we don't quite understand, we often have our own filters blurring the information we're processing...how can you consciously begin to remove your preconceptions with loving awareness?



Aching Divinity

When you discover yourself in a story that wasn't created by you, how do you allow the truth of your soul to sing its own song?

What does it look like when you choose the unknown over the safety of sameness?

When you find yourself questioning the road you've taken, how do you navigate back to a place of centeredness?

Close your eyes and say the words 'aching divinity' out loud, slowly...what does the resonance of those words stir in your soul?



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Syrup Hips

The Dancer is raw, primal, and of the elements of nature; if you were to take on her energy and influence, how would it flavour your experience of the world?

Can you describe an experience where you've felt suddenly naked, raw and exposed, in place of composed, confident and in your own energy? What did you learn from this experience?

What has been your deepest, most driven desire in this lifetime? How did you navigate that space to redefine your essence?

'There, she thought. Fixed' What does this mean to The Dancer? What would it mean to you? Do you think she was fixed?



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The Factory

When we're awakened from a distinct reality as The Nameless Female was in The Factory, it can be quite jarring. This happens more often than we'd like to admit and leads us into spaces where we sense and feel things unfamiliar yet provocative...What sensations came to your attention as you read this story?

What are the dangers of losing who we are within a system that values protocol and mass identity?

Why are disruptors necessary and how does the energy of disruption unfold itself in your life?



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The Big Wild

Science had been both a blessing and a curse to The Dreamer, it both quenched and piqued her curiosity. Where have you felt comforted by science, only to have further questions arise and felt unsatisfied by its explanations?

When you crave connection to something greater, how do you bring yourself into the space of the sacred?

What happens when you release the endless queries of the analytical mind and allow yourself to ease into the magic of the unknown? Perhaps there's a fear arising, perhaps the uncomfortable bliss of everything working out. How can you navigate these scenarios?



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When The Wizard Dies

In the reality of our lives we miss the opportunity for myth to enter and weave its grandiosity into the mundane... Consider a chapter of your life and how it could be retold through the lens of mythology. What archetype would you appear as? What time would you live in? Craft a rich tapestry of story.

What story have you created about yourself? How tightly do you grasp to your beliefs about your identity? Is there something new wishing to sprout from you that perhaps your old notions are stifling?

The Wizard endured an excruciating initiation into the next part of his journey. What is your experience with change and rebirth? Is it effortless, seamless, without event? Or has it been hard? What propels you to change?



Raising Poseidon

How do you feel when things don't go to plan? Recall a specific occasion when things went wildly counter to the way you expected. How do you feel about it now? Did you come to accept the situation or do you still feel it would have been best had your expectations been met?

If you're a mother how has motherhood opened your heart and soul in unexpected ways? And if you're not a mother how do you navigate the space and power of your sacral chakra and the capacity to create?

When have you experienced a situation in which you've had to call upon the kind of strength one would deem extraordinary or otherworldly? How has it shaped you?





Of Breath & Fire

Have you ever experienced an environment so controlled and exact that you found your essence completely lost?
How did you recover your true self?

When faced with the situation of having to squeeze your precious self into a mould for a grandiose expectation, where does your soul go? What happens to your longings?

In The Flautist's breath, The Maestro found holiness. What aspects of yourself may be viewed by some as 'imperfect' but by others as 'holy'?



Between Tongue & Tooth

Sometimes what appears to be our biggest flaw can be our most beautiful gift to another...How can you find the hidden beauty in those spaces you try to hide most?

When in your life have you felt like an outsider, or so different that true relationship was impossible? How did this shape your notions of others?

Have you ever looked upon another person as the answer to your problems? Have you ever felt like someone else's approval would make you more whole? How did this show up for you? How did it work out?



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A hand holding a globe against a starry, colorful background. The background is a vibrant, multi-colored field of stars and nebulae in shades of purple, blue, and pink. A hand is shown in silhouette, holding a small globe of the Earth. The globe is positioned in the center of the hand, and the hand is reaching upwards and slightly to the right. The overall mood is contemplative and cosmic.

The Greatest Show on Earth

At what cost do we push ourselves to perfection and lack the connectivity that humanity offers us?

What kind of walls have you built from self-imposed expectations that are impossible to maintain?

When we strive for acclaim, accolades and applause a missing ingredient becomes painfully pronounced...how does this missing element show up for you? Is the accolade worth the loss?



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Epilogue

As we cross the cusp of childhood into adulthood, imagination becomes an abstract notion. What makes imagination different to reality? Is it better, or worse?

How do you feel about imagination?

What is the relationship between the purity of youth and joy? How would you describe this? Is it a wisdom, an inevitability, or something else?

We live in a world with endless potentiality and realities, where do you find your best existence within it?



The Joy Decision: Symbology

The chime of bells is a constant throughout the stories. What do they represent to you? On the deepest level, when you think of a bell, or hear a bell, how do you feel? What visions are evoked?

Is there a symbol that has been prominent in your life? Be it an animal, or an image, a person or object? What makes this so important to you, and at what times in your life has it shown up for you?

If you're looking to call in something new, something wild into your life, what is a symbol you could use as an anchor. What feelings does it evoke and what energies represent growth for you?

