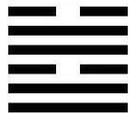


## Hexagram 58 – Joy



Joy.

Transforming. Actualizing. Furthering

### Image Tradition

*Joy: joyous indeed.*

*The solid in the center and-also the supple outside.*

*Joy from actualizing, furthering.*

*Joy from yielding that reaches the sacred and harmonizes with the Earth Interbeing.*

*When people have joy,*

*They forget their burdens.*

*Joy overcomes difficulties.*

*People forget their death.*

*The greatness of joy.*

*Joy enlivens all.*

**Structure:** Doubling of trigram ☰, joy.

Joy has power. It gives us the energy to do the harder but right thing to do. It dispels despair and dread. Joy lifts us up into exaltation.

This hexagram celebrates the joy of the inner path that reaches out into the world through the outer path, joy within and without. We experience the unity of our inner and outer path and being. Beings firmly devoted to the sacred path do not waver.

Joy comes from centering on the sacred and bringing to life the sacred ways. This joy empowers the self-discipline needed to overcome our willingness to harm for self-benefit. With joy, we can bear the difficulties and hardships we experience from removing what harms.

People not on the sacred path look to the world for diversions, the idle pleasures that stream in from without. Many give away their power over themselves to external circumstances. Their joy does not come stably from within but from an uncertain dependence upon external sources pleasing them. We may confuse excitement for joy, which causes us to lose the ground underneath our feet and soar into delusions. The pleasures that people seek from the world erodes the inner path. People lack resoluteness to pursue the path when they find it does not meet their expectations of freedom from suffering. Those who indulge their willingness to harm lack a spiritual path.

Compulsive reactions urge us to rashly indulge in harmful behaviors to obtain from the world the pleasures we want, temptations that promise pleasure but cause harm and suffering. Unless restrained, desires, habits, impulses, cravings, prejudices, resentments, and traumas dominate us to obtain the satisfaction they seek.

The sacred path depends upon an inner discipline that firmly restrains indulging compulsive reactions. Joy allows us to cut through these reactions in ways that dissolve degrade their urgency. Joy and the love we

have for the sacred motivate us to turn away from our willingness to harm others for self-benefit and instead to live the sacred ways in our world. We no longer look outside to validate our being. The joy of bringing to life the sacred ways confirms us. Joy frees us from conditioned passivity and harmful habits. It gives us the courage and energy to guard against what harms, freeing us from regret. We find joy in knowing that we have furthered life on Earth.

We express the joy that comes from discerning the sacred path through our dangers and difficulties by acting upon what we know. A joyful practice of a love in action overcomes all challenges. We suffer from compassioning but at the same time feel joy from the powers of this sacred practice. The world can never harm those who know the joy of transforming their self-cherishing fear and ill-will into a caring love.

Joy supports our faith in yielding to the sacred unfolding of experience through nonaction, the abstaining of imposing our will upon others and circumstances. This allows us to harmoniously flow through dangers and difficulties. We simply yield to the sacred of our lives and harmoniously move through whatever experiences we encounter in ways that further life on Earth.

The wise enjoy living the sacred ways of the Earth Interbeing, which deepens their spiritual being. Opportunities for having and sharing joy present themselves all the time, such as caring for others and gratitude for the beauty of the Earth Interbeing. When we resonate with the sacred through yielding to the sacred ways and interacting beneficially with others, we experience joy. A quiet, wordless, self-contained joy desires nothing from others and rests contentedly with everything.

We can measure the effectiveness of our practice by looking at our mood. Joy lightens our hearts and gives us a buoyancy that allows us to persist in the sacred ways in times of confusion and turmoil. The great power of joy lifts us up out of despair into knowing what to do. Joy gives us the power to overcome whatever separates us from the sacred Earth Interbeing. It transforms the conditioned reactive feelings of discontent with the circumstances of our lives into actions that manifest our sacredness.

Sometimes when despair overtakes us, joy eludes us. The practice of gratitude opens to joy. We have joy for all our blessings. We rejoice that we have daily opportunities to pour all our life energy into furthering life on Earth.

The transformative power of love becomes the transformative joy of love. Through sacred joy we change our experience of the world. Whenever we care for others, compassion others, interbe with others, the power we need for these transformative works comes from our joy in furthering life on Earth and doing what the sacred has called us to do.

Joyfully we harmonize with others and recover our balance with the Earth. The word *enjoy* means to give others joy, something we can do if we have joy to give. Joy becomes a celebration of coming together, nurturing the young, furthering life on Earth, sharing, thanksgiving, living the sacred ways. Good feelings grow strong relationships. Joy makes it possible to come together to accomplish great efforts.

Although we may think joy an exaltation, we experience the highest form of joy as an inner calm, our gentle flowing within the river of life. Throughout our spiritual transformation, a calm and glad mind supports both presence and confidence in the path. We transform our being by cultivating loving-kindness and compassion for others, which diminishes self-cherishing and generates more joy and appreciation for all life. Different beings have their own ways to express their sacred joy within the world.

Having a calm and contented presence reflects a settled centering on the sacred and the harmony of being and with the Earth Interbeing. Whatever comes up, we remain calm and respond with a glad mind, willingly bearing the inevitable difficulties of life in ways that benefit all. Such calmness escapes us until we have overcome what obstructs us from the sacred Earth Interbeing. Yet even then, joy gives us the power to overcome what harms and to keep us on our path to further the Earth Interbeing.

We enter the sacred path in response to the sacred call us to further life on Earth. It brings us joyfully into the sacred presence. As we deepen our spiritual being, the sour path becomes a constant joy even during the hardships and difficulties our path may lead us. The deeper our sacred path, the greater our joy in the sacred and doing our sacred work.

**Line 1:** The line has a self-contained joy and confidence in the path. It does not rely on external circumstances for pleasure.

**Line 2:** The line's inner being and behavior harmonize with the sacred ways. The line finds pleasure in furthering life on Earth in ways that benefit all.

**Line 3:** The line wants others and the world to please it and willingly harms others to have its way. If it persistently refuses to change its harmful views and ways, the line will never have joy as it focuses only on its dissatisfaction. The sage adapts to the life that the sacred has given it and, within those restrictions, finds ways to further life on Earth.

**Line 4:** The line has no joy as it cannot decisively choose between imposing its will on others and the world to obtain pleasure or to mastering that willingness through self-discipline. The line finds contentment in renouncing its harmful behaviors and limiting its efforts to living in ways that further life on Earth.

**Line 5:** Worldly concerns tempt the line to indulge the hopes and fears of its self-centeredness. The line knows their dangers and resists them.

**Line 6:** This hexagram ends with the line addictively wanting ever more pleasures from others and the world.