

## **Ebullience in Early Morning**

I jump out of bed, slap my feet on the cold bare floor.

I don't even brush my teeth nor run a comb across my head.

Good morning sky. Good morning clear blue sky.

We're gonna see some sunshine soon.

Wiggle myself. Stomp my bare, bare feet.

Dance in clear blue sky, clear morning bright sunshine.

These are the first six lines of "Good Morning Sunshine," a song I built and often sing.

I don't always achieve the high point of joy on rising that I sing about in this song. I may not achieve it during the entire day, but holding that thought of joy and trying for joy in my existence is worth the effort it takes and helps me achieve a more positive sense of existence than I achieve when I let go of the effort. And sometimes, I reach that high point of joy and dance to the rising sun, sing in joy to the universe, embrace the day with joy.

The world distracts me, news of wars, homelessness, political turmoil, dishonesty, environmental problems, corruption in governments around the world, divisions and acrimony among humans, bills to pay, times of not feeling as good physically as I would like, concerns for hard times people I love are going through, exigencies of existence distract me, blind me temporarily to opportunities for joy in my life, for spreading joy to others around me.

But often, I remember. I jump out of bed, slap my feet on the cold, bare floor and dance with joy. That's why I'm here, in this present world, to find joy, to express joy, to refuse of be shut

down by the appearances of hard times in the world, to spread joy all I can.

Does joy change the world? Yes it does. Even a small moment of joy, felt and expressed, helps identify us, helps establish that we are creatures of joy, walking through hard times, negative times, and emerging into bright morning sunshine where we dance on the cold, bare floor for this moment of bright, warm existence.

Does determining to be joyful and intentionally striving toward joy increase our joy? Yes. It does. It might take hard work to achieve a step away from connection with what appears to be a world of hard times and sorrow and toward a world of joy, but it gets easier and more real every time we have the determination to do the work to take a step toward joy.

And every step toward joy makes the next step easier.

Dance with me. Come on and dance with me. Don't think about getting ready; don't slow down to think about combing your hair or brushing your teeth. Slap your feet on the cold bare floor and look up into the clear blue sky where the sun rises and brings us today, this day of joy.

When the sun rises above the mountains, we already dance to warm sunshine; we already feel joyful sunshine warm our existence. We store sunshine within ourselves.

We walk out into this day that begins in a universe of joy. Flowers of many different colors and many different pleasant scents surround us. We extend joy to the people we meet, to the day, to interactions among people, to interactions with all life. We slap our feet on the bare bare earth and dance for joy, dance to joy. Dance and look up to the clear blue sky. Our joy becomes gratitude for this world we live in and optimistic hope and prayer for a steadily improving world, that offers more opportunity for joy to everyone living here.