



# TOUCH of JOY

*A Yogi's Guide to  
Lasting Happiness*

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## **Touch of Joy: A Yogi's Guide to Lasting Happiness**



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IS LASTING, UNINTERRUPTED HAPPINESS POSSIBLE? For some of us, happiness would be found in world peace. We chase after it daily. For others, in a clean environment for our world. . . . Everyone wants joy. We look for it in interactions, in our careers, in economic security, in a healthy body . For some, when world food cravings ends, or when a compassionate politician is certainly elected. Drawing from the teachings of Paramhansa Yogananda?writer of the bestselling classic Autobiography of a Yogi (the book Steve Work asked to be given to each guest at his funeral)?Touch of Joy shares practical tools, instructive tales, and correct attitudes to help you tap into the wellsprings of joy within you. This will depend on so many circumstances over which we have no control. Pleasure that just IS. Nonetheless it does not have to be this way. WHAT IF THERE WERE A METHOD TO BE HAPPY CONTINUOUSLY . . . A way to experience joy without conditions? . In other people?a lover, a spouse, a pal, our very own children. Unconditional pleasure . Unconditional happiness . . Contact of Joy shows how to find that joy. No matter what occurs around us, or what happens to us. The loss of a work or a loved one. Because deep within is definitely a place untouched by external occasions, where JOY resides. Joy that depends upon no causes. . . What if we're able to remain even-minded, relaxed, and peaceful?happy under all circumstances, no matter what takes place? The closing of a relationship. Not really a fleeting, ephemeral, conditional joy, but unconditional pleasure. Sudden illnesses, financial devastation . No wonder that lasting happiness or joy has generally eluded us. This effective assortment of spiritual writings changes your life, through fresh perspectives for facing life's problems, and through motivation for living a existence in unconditional joy. Pleasure is so conditional. Swami Kriyananda, disciple of Yogananda, once stated: "Joy is the solution, not really the reward." To learn to live with pleasure under all circumstances, and not to hold back only until conditions are to your liking, is the secret of a happy existence. .



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Filled with wisdom and motivation. I've read their work for thirty years. I recommend this book. Authors received the International Global Ambassadors Peace Award at the US Church Center this past year in 2017 and are inspiring writers and speakers. Check them out, you can be glad you did. Refresh Your Consciousness This book is filled with practical and inspired insights which have the energy to lead us to wonderful experiences in consciousness. It offers one a beautiful and refreshing consider the world in which we live and the simple experiences that contain so very much meaning and the opportunity to check out life in different ways and deeply. So pleased to have it That's a powerful book! Promises kept! Inspired to use these for specific challenges in lifestyle A+ advice, extremely readable, earthy and inspired Consistently earthy advice, often inspired. It is the sort of point that you could read one or two before bed, experience the comfort and inspiration, feel guided within your own Self, and enjoy again tomorrow night. It is a manual for living life in a positive way. Five Stars Blessings and Joy How to Live Life Well Each reading in Touch of Pleasure is a gem designed to help 1 live a satisfying, joyful life from meditation to controlling our reactions and thoughts to building smart decisions and riding out life's storms. A treasured gift indeed. So pleased to have it.Constant Motivation by Inspiring Authors Written by a couple of amazing yogis whom are an inspiration intended for the world, each tale is a nugget alone. Well worth reading Well worth reading if you want inspiration, if you're are hungry for truth or would just like to read a great material ?



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