



## Surprising Power of Joy

by Sally Mahe

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When I first followed George Leonard's lead on the Tao of Practice DVD, I was touched by his warm voice encouraging the practitioner to notice deep within a feeling that "might be joy." It resonated. I embraced the Kata and George's guidance.

Joy has always been one of my key words, feelings, essential qualities. Joy is perhaps the greatest human attribute...it is energy that is deep gladness, that transforms suffering and gives us enduring energy to carry on.

I am recognizing a power emerging around the world in the interfaith movement as people from different traditions and cultures come together. Alongside the tension, ignorance, fear and suspicion, there is a parallel story going on—a palpable quality of joy is rising! If you look, you can see it in the bright eyes and lifted energy when people from diverse traditions come together with intention to cooperate and create a better life. ITP is helping me deepen and expand the presence and power of joy in my own body, mind, heart, spirit, and these insights flow into the work I do.