

Overcoming the Darkness in Your Life and Replacing it With Joy is Manifesting Beauty

There are hidden opportunities in life. When something bad happens that creates a profound darkness like you've ever experienced, it takes a toll on you, and you feel like you'll never overcome it. But there's also a belief that the only way to experience true joy is to experience darkness. After all, we need the dark to see the light!

These emotions and experiences from opposite ends of the same vibrational spectrum work hand in hand to give you real appreciation of the positive side of your life. But just how does one overcome darkness and replace it with joy when the darkness seems unrelenting?

The key is to identify other things that bring you joy and peace, and infiltrate your dark space with these things.

These are same strategies you use to manifest your life. The Point is not to deny, but to focus on wanted emotions and feelings.

- 1. Consume yourself with a new activity.** There are likely many activities that you've never tried, but which could bring you immense pleasure! *Sometimes doing something new is what you need to take your mind off the negative state you're living in and find joy in something unexpected.*
 - Try your hand at a new hobby that's time-consuming and enjoyable.
 - Live on the edge - or as close to it as you can - by doing something exhilarating.
 - If you cannot think of something new, go and do something that you know brings you joy.
- 2. Enjoy the company of others.** Spending time with people who feed your joyful side is another great way to rehabilitate your state of mind and truly experience joy. Remember, Fun is the secret to manifesting. Hang out more than normal; you'll start to experience healing from all that positive energy around you.
 - Take a family vacation to somewhere you've never been before.
 - Plan a weekend where you and your friends can make wonderful new memories.
 - Try a new group activity.
- 3. Hold firm to your faith.** Regardless if it is religious faith or faith in the unseen, It's very likely that your faith is what has brought you through the darkness thus far. Your faith in the Creator's ability to sustain you should not be overlooked. If you believe the Creator has kept you going through the worst moments of your life, there's no reason to think you'll be alone through the rest of it!

4. **Think with your Source, not your emotions.** Make a conscious effort to separate thinking from feeling. Remember our emotions or how we feel is guidance to let us know are we in alignment or not. We are not dissecting our feelings.

Otherwise, *you're likely to start believing that nothing can ever work out.*

You'll start to feel yourself being lifted from the darkness if you allow yourself to practice things that bring you joy. It's not always going to be an easy road, some days may be more challenging, but you'll be able to travel it if you commit to paying attention to how you feel, and doing something about it, rather than wallow in it. Go towards wanted emotions rather than regurgitating what has gone wrong.

Use these ideas to help you start thinking about the various things that you might enjoy. After all, there's a world of joy waiting for you to experience! *It's up to you to choose that joy for your life!*

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