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# Joy vs. Happiness

By Ashly Kohly-Darroch

Joy verses happiness is an interesting topic because of the nature of two things that sound and or seem the same yet are very much different.

Happiness is what everyone thinks they want and is actually very easy to get. Happiness is something we can purchase, wear, drive, eat, an award, etc., which all of these things are just that, things.

They can also can come and go with time and easily fade away. Our happiness can often be determined by someone else's demeanor or disposition and can be superficially given and taken in moment notice.

It can be what the world thinks of us or what we think of the world, which neither one we can live up to. Happiness is something that many inevitably will tell you they want, however they are confusing this for joy.

Joy is an internal radiance, joy without a shadow of a doubt is an abundance in the heart, it is a something that fills you everyday and is undeniable

and almost indescribable that overflows from your being.

Joy is a humility that flows over in positive thoughts for others and happy feelings that the world really is wonderful. Joy is a gratitude of the heart, an awareness that you are made exquisite and knowing that God loves you. Joy is putting your best foot forward and manifesting in positivity and personal power in knowing you deserve the best in life. Joy is taking what God gave you and making the best of it and thinking deliberate good thoughts for everyone you encounter in your day. Joy is a confidence that you can do anything you put your mind to and having the courage and strength to be who you are. Joy is when you can wake up in the morning and go to the source and the source fills you up-to where your cup runs over. Joy is that thing we all so desperately look, want and wish for. Joy is being full with your life force and to be bold enough to have a daily twinkle in your eyes, love in your heart and a smile on your face and to love everyone you come in contact with either a kind word, thought or action. Joy others can not take from you, for it is within you and in your own abundant truth.

The difference between joy and happiness run layers deep in an exchange for truth. This year get good, stay good and be good.

Always be slow to condemn, complain and criticize and remember to compliment, uplift and encourage. The joy you give to another will come back to you 100 fold.