



**Sunday Morning Celebration
September 13, 2020
Replaying Finding the Joy Inside
with Ramakrishna Ananda from 9-23-18**

Dear Devotees,

Yoga is a path of joy. When we go deep inside, we find a well spring of joy. Joy is our essence. We are meant to live in joy. Ramakrishna Ananda writes about bliss and ananda in *Keys to Higher Consciousness* on page 206.

In bliss you find incomparable delight. Incomparable, that is, until it matures into an even more delightful ecstasy called *ananda*. In ananda your ecstasy becomes dynamic and expansive. It is tender, not obnoxious or overpowering. The ecstasy—whatever its manner of abiding—helps you integrate your life. It enables your body, mind and spiritual nature to work in closer and closer harmony.

We are on a path of joy. Yoga shows how to find joy inside. May we all be free to live in joy.

Love in the Lord,
Spiritual World Society team

[Sunday Mornings on YouTube](#)

Ramakrishna: “A vijnana isn’t afraid of anything. He has realized both aspects of God: Personal and Impersonal. He has talked with God. He has enjoyed the Bliss of God. It is a joy to merge the mind in the Indivisible Brahman through contemplation. And it is also a joy to keep the mind on the Lila, the Relative, without dissolving in the Absolute.” Gospel of Sri Ramakrishna pg 479

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