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Joy is the subtle linkage between the spiritual heart and the physical heart, establishing harmony between them and the bliss of the being. Joy is a powerful energy; it is to be cultivated. A heart eager to love cannot neglect it; it is an important element of the sadhana. To love with sadness, to show a gloomy face, does not attract grace. Offering one's joy to God is to express to him not only one's love, but also the acceptance of a destiny necessary for the evolution of the soul. To appear before one's Master, glowing with real joy coming from a grateful heart, is an act of love. Complaints rise towards him all the time. What exactly does one seek to find at his divine feet? A blessing or some favours in terms of tangible properties and the alleviation of daily worries? In such situations, it is advisable to put things into perspective: these concepts are not acceptable in a sincere spiritual process aiming at attaining the goal, which is far beyond the vagaries of an incarnation. Joy needs to be cultivated; it permits the creation of harmony within oneself, and to rise, vibration-wise, towards spheres where the inner being can find its plenitude. Drive out the clouds that are encrusted in your sky. They are not welcome in these moments when the creature is connected to the God of its heart."

Babuji