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Siera Learn Teach Inspire (tm) The Necessity of Joy

The Necessity of Joy

Spotlight Series - #sierall110
September 18, 2015 - sieralearn.com
Siera: Learn. Teach. Inspire.tm
With Pat Wagner

Joy
is the core of existence.

- Ayn Rand, Atlas Shrugged

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Meet Pat

Trainer, consultant, educator, instructional designer, facilitator..
 Oil company map folder, receptionist, graphic designer, college housing director
 Retail clothing and camera sales clerk, baker, reading tutor, shipping clerk
 Poet, playwright, printer, dishwasher, publisher, researcher, book reviewer, house sitter
 Darkroom technician, health equipment sales, feature writer, production manager
 Community organizer, church youth leader, bookkeeper, mediator
 Childcare worker, author, talk show host, book editor, folk singer
 Speaker at national conferences, college instructor, book binder
 Worked in 49 states

Pat and Hobo, 1980, Denver, Colorado
 Images: pixabay.com and flickr.com



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Agenda

- ☛ Characteristics of Joy: Observations
- ☛ Purpose of Joy: Speculations
- ☛ Practicality of Joy: Applications
- ☛ Your Stories
- ☛ Workplace Applications

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Outcomes

- ☛ Create exercises that can be used for team-building and workplace breaks.
- ☛ Incorporate “Joy” in workplace and classroom training sessions.
- ☛ Use “Joy” in marketing services and products.

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Introduction

How will I define Joy?

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For Our Purposes Today

Joy is not just happiness, quiet peace, quiet bliss, fun, pranks, pleasure, good humor, smiles, jokes, hugs, awareness, good times, friendship, kindness, good will, empathy, inner calm, awesome ice cream and pie, etc., etc., etc.

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Joy is
that over-the-edge state
of physical, emotional, intellectual,
and spiritual transcendence,
where we forget ourselves
and our limits.

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Happiness is when we laugh.
Joy is when we can't stop laughing.

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Joy is the Fool

- ☛ Dancing and singing in the temple,
- ☛ playing in traffic,
- ☛ crying at a wedding,
- ☛ laughing at a funeral,
- ☛ stepping off the edge of a cliff.

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Every Culture

- ☛ Performance and worship
- ☛ Music, dance and movement, theater
- ☛ Play for adults and children
- ☛ Dan's story

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Every Advanced Species Plays

- ☛ The "Play" Myth: Just practice for adulthood
- ☛ Play is more than a genetic imperative.
- ☛ Crows
- ☛ River otters
- ☛ Blue jays

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Joy Is a Leap

- ☛ Prepares us for the unknown
- ☛ Gives us courage beyond our fears
- ☛ Heals; removes stress of grief and pain
 - Joy as medicine
- ☛ Displaces anger

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*We grab the hand of our enemy
so they can join us in the dance.*

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Safety for the Stranger

- ☛ Civil War truces
- ☛ The 1914 Truces during WWI
- ☛ Weddings and fairs
- ☛ Safe havens

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Characteristics of Joy

Observations

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Not Very Adult

- ☛ Hard to: Keep Still, Keep Quiet, Keep Safe.
- ☛ High Risk and High Costs. Dangerous.
Unpredictable. Overwhelming. Excessive.
- ☛ Spontaneous. High Energy. Can't Stop.

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Overwhelming and Improper

- ☛ Forgives Others. Embraces the Enemy.
- ☛ Over the Top. No Limits. Out of Control.
Breaks the Rules.
- ☛ Universal and Contagious: Not Culturally
Specific.

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Exercise

Once upon a time, when you were a kid,
did you do something naughty,
even though you knew it was forbidden,
and you knew you probably
were going to get caught?

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Wonderful

- ☛ Generated By Miracles and the Unexpected.
- ☛ The Hobo Story
- ☛ Forget Oneself: Lost in the Greater Moment
- ☛ No Room for Anger or Fear or Guilt or Pain.

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Purpose of Joy

Speculations

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The Explorer

- ☛ Preparation for adventure.
- ☛ Preparation for the unknown.
- ☛ Practicing beyond the limits.
- ☛ "If I can do this, I can do anything."
- ☛ *Story: Trucking through Vermont.*

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Wellness and Growth

- ♥ Healing:
repairing damage and rebuilding strength
- ♥ Builds community - the Pleasure Principle.
- ♥ Tests oneself where failure is forgiven
- ♥ Prepares us to deal with impossible situations

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Practicality of Joy

Applications

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Exercise

What could add Joy to your life?

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Your Stories

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Exercise

What has brought you joy?
What transformed you?

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Agenda

*Workplace
Applications*

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Exercise

What might your workplace do to promote joy,
as long as it did not cost a fortune
and did not lead to anyone's getting arrested?

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Resources

- ♥ Any books on animal play
- ♥ Anything by Martin Seligman
- ♥ *Don't Shoot the Dog*, Karen Pryor
- ♥ *The Science of Good and Evil*, Michael Shermer
- ♥ Anything by Viktor Frankl
- ♥ *The Screwtape Letters*, C. S. Lewis
- ♥ www.happier.com
- ♥ www.happinessresearchinstitute.com
- ♥ www.projecthappiness.org/the-science-of-happiness/

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Classical Composers Known for Joy

Beethoven	Brahms	Rimsky-Korsakov
Sibelius	Smetana	Vaughan Williams
Copeland	Liszt	Rachmaninoff
Gershwin	Chopin	Mendelssohn
Enescu	Bach	Tchaikovsky
Klezmer	Dvorak	Mozart

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Next

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