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This I Believe Essay

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CORE

**Joy**

I believe in Joy.

Utter, inexplicable Joy—all producing Joy that surpasses understanding, and the most expansive belief of happiness.

I believe in the consumptive Joy that surrounds us, the Joy that creates new life.

I believe Joy is a *choice*, and not an *emotion*.

I believe Joy is a healer.

I believe Joy is a form of protection.

I believe Joy is a universal phenomenon that transcends all cultures, ethnicities, genders, and age, as well as time.

I believe joy produces Light.

I believe Joy is truly and utterly the only means of fulfilling one’s life.

I believe in Joy for me, for you, and everyone else.

I believe Joy is among us.

I believe Joy will never end, for its source is timeless.

I believe Joy is past, present and future.

I believe JOY is present in me.