

FOREWORD BY DR. WAYNE W. DYER

THE JOY FACTOR 10 SACRED PRACTICES FOR RADIANT HEALTH

by Susan Smith Jones, PhD

I have long subscribed to the idea that all of life is a choice. When we let ourselves ultimately come to believe in the power of *being* a “choice-making” human being, we begin to take total responsibility for ourselves and our unique destinies. Susan Jones provides us with a beautifully useful elaboration on this theme of choosing our own greatness in virtually all life areas. She has taken great pains to provide extremely valuable information on how to take total control of ourselves, by first and foremost taking responsibility for the quality of the journey that we call life.

In simple, easy-to-read, and, most important, easy-to-apply language, this book outlines an approach to living that is possible for every single reader to achieve if he or she is willing to make it happen for themselves. Regardless of your current state of physical or emotional disrepair, you can take this book, read carefully, and begin now to *create vibrant health and bring serenity and sacred balance into your body and life.*

A strong thread of spirituality and higher consciousness thinking is woven throughout the pages of *The Joy Factor*. Susan cannot help but write from this perspective, because I know her to be respectful of the divine forces operating ubiquitously in each and every one of us. Susan believes strongly in the importance of love in each of our lives. Not the kind of love that requires a partner in order to be fulfilled, but the divine love that is itself the harmony that holds every living cell together. Without internal harmony, a cell will attack and attempt to devour the cell adjacent to it and will ultimately destroy the entire organism. So it is with divine love. Each of us is a cell in the body called humanity. When we have harmony within, we cooperate with the cells next to us, and when this harmony or love is missing, we fight our adjacent cells, leading to destruction of the totality of all humanity. When we fight anything, we become weaker, for in so doing we are violating the very principle of harmony and cooperation that holds the universe together. You will see Susan’s enormous regard for this spiritual (not necessarily religious, but spiritual) force that guides the universe and each life form that occupies its own unique place in this perfect universe.

Recent efforts by chemists and other scientists have produced a synthetic product that

looks, tastes, smells, feels, and acts like wheat. To the naked eye it appears that this is definitely wheat. However, when it is placed in the ground, something quite strange happens that sets it apart from authentic wheat. It will not grow! Despite its appearance and nutritional make-up, synthetic wheat will not grow and reproduce naturally. What is missing? The absent ingredient is the life force that can never be reproduced synthetically.

So it is with each of us. We need the higher elements in order to grow, along with a life plan that incorporates authentic ingredients for choosing to be vibrantly healthy, happy, and fully alive. Susan sprinkles her writing with marvelous quotations from the masters, both historic and contemporary, all who have made their own unique contributions to the betterment of humankind. Her writing is concise and useful, and the subject matter is universal: improving the quality of life for all of us. *The Joy Factor* can help you forget about synthetic happiness, artificial health, and phony fulfillment, and replace them with a genuine, life-enhancing formula that will help you not only to feel better but to grow and flourish, just like real wheat does when placed in a natural setting.

Everything we experience is a choice. Our personalities are the result of the choices we make. Our level of fitness is the result of those same opportunities to choose to be healthy. Our emotional condition likewise is a consequence of our choices. When you really consider this concept of choice, it boils down to the way that we choose to *think*. We become what we think about all day long. Thus, our personality, state of health, and emotional stability all revolve around thinking. Learn to think health and visualize yourself as a success, and eventually your actions will follow those internal self-pictures. It can be no other way. Our thinking is our mental practice. With enough practice you will achieve what you desire.

Susan's approach is to help you to see that you are important enough to seek your own full measure of happiness and success, and that you are divine enough, just by the nature of your existence, to be heard. As you read through the pages of this powerful book, remind yourself that you are indeed divine enough to be answered. Think of a puzzle with one piece missing and realize that the entire picture is incomplete without that one piece. Then see yourself as one piece in this entire picture called humanity and that the whole thing is incomplete without you. That is how important you are. Your completeness makes us all whole, and Susan's outstanding book will help you to not only grasp this notion but also to take action, beginning now, to correct any limits you may have placed on yourself.

— **Dr. Wayne W. Dyer**, author of many marvelous bestselling books including *Excuses Begone!*