



# Joy Based Work

An Introduction Series

# A Deeper Look

There's nothing that we actually **HAVE** to do in life, except for being **told** that we do... "because that's just how life works."

Told to us by people who innocently don't know any better. And they **too** do the same thing.

Yet there are also people who **do know better**, and they tell us that our work Can and Should be fun, play, joy... From Rumi to Lao Tzu, from Osho to Gibran, from modern day masters of their craft, to celebrities, and billionaires. They all point to passion, and more often than not... to "luck" as well.

Jeff Bezos said that he prefers to be at the office than at the beach. Of course he does. He "gets" to use his creative capacities to build something great.

There needs to be a shift in our paradigm regarding work, where we slowly outgrow the dysfunctional idea that work is something you **have** to do, versus actually **only** doing that which you feel like you GET to do.

Life flows through our beliefs or conditioning, or level of awareness of truth. And if our awareness is limited, so as to still tolerate an uncomfortable, effort based view of creative activity (aka. work) then life flows through that awareness. And creates what we call *our life*, that we Have to provide for.

Or, the same intelligent life force can flow through a more and more accurate level of awareness, where we know that work was designed to be creative play, according to our unique nature. And life force can now flow and move through that awareness, leading to a way of life and work that represents you, that you Get to play in.

Our awareness of truth determines our approach to life, and thus the level of alignment we live in.

And that "luck" thing that I keep hearing major entrepreneurs honestly admitting, is just life's intelligent flow arranging things in the most beneficial manner, because they had the clarity and courage to actually trust their joy to lead the way.

Funny how harmonious life actually is, if only we looked deeper than just the current cultural worldview.

Live better, look deeper.  
Liviü Beschieri

*Mystic and Coach*

# A journey into yourself

People say "I can't start my journey to meaningful work because I don't know what I love, my gifts, my purpose etc."

But what they don't yet realize is that—that's what the journey is all about—eventually flowering into yourself.

**Knowing is not a pre-requisite, it's a by-product of the path into yourself.**

Purpose and gifts, and meaning, are not something you start with, but what you mature into. It's the fruit of your journey to truth, not the seed of it.

The seed is your creative nature that's already the case, in you, and your life of purpose and meaning is the eventual result of that. Not a starting point.

Meaningful work is something you mature into, something you **individualize** as, as Carl Jung would put it. It's a journey into yourself, as Rumi would put it.

You decide to walk the path to aligned work, because you know it's possible, not because you know what it is. That is the end product of a long journey of following the trail of your joy.

You don't start with clarity of your purpose, you start with a conviction that you're not willing to accept anything but eventual clarity and meaningful work.

And that conviction begins the journey, a beautiful journey into yourself. But also a scary one. A confusing one. And often times a perpetually discouraging one, as the mind worries about it all the way through.

But it's a journey worth taking. Because it's a journey into yourself, your joyful work. **And you're actually safe, all the way through.**

# On the spectrum

The reality is that there's layers and layers to doing work we love. We may be very distant from that, or quite close to doing just that. Or somewhere in between.

**Like a spectrum.** On one end you're doing something completely for the money. And on the other end you're doing it completely for the joy. And money is a by-product.

Now the question is, where on that spectrum do you find yourself? What if you organized your work around your joy, not sacrificed your joy for your work?

And what if your JOY was the best expression of your work?!

## Let's define Joy

The thing is that what I mean by **Joy** is bigger than just a word, or a happy feeling. And more of an umbrella term for the direction of your truth. Of what feels right to you, versus what feels iffy or even icky, so to say.

There's layers even to this term, which can mean going from more gross terms like following your passion, to more and more subtle terms like following your intuition, your true feelings, and eventually as subtle as not following anything, but simply being moved, or as the Taoists call it wu-wei, silent doing or non-doing.

Non-intentional doing, where you are being lived, and moved naturally to what feels right to do, every moment of your day, and in every part of your life.

So joy is short for curiosity, fascination, heart, feelings, intuition, excitement, passion, energy etc.

It's not always a positive feeling of enjoyment, but certainly not one of dread either. Sometimes it's just a silent natural doing of something that just feels right to do, in that moment/context.

So simply put, doing what feels right. And sometimes it will be exciting, other times just natural, other times silent, unintentional action. All of which, however, lead you into the right direction for your life.

## **The opposite of Joy**

The opposite of joy however is a more challenging thing to discuss. Because it's the Mind itself. And pretty much everything it says and wants to make you do.

When you think you should do something, but don't feel like it, that is the Mind interfering, and overriding joy.

The issue is that the mind thinks it's intelligent, that it knows better. But the reality is that it is JOY that is the true intelligence.

In reality the MIND is insecure by nature and is constantly seeking to make right choices, except that those are based on its own LIMITED understanding of life, so the choices it tries to make end up being limited too. Based on its own innocent ignorance.

The mind is trying to get, get, get all the security it can, based on what it knows about life.

So it's constantly reactive to its own insecurity and ignorance. However JOY itself, does not come from a place of getting, but one of doing what feels right.

And it's an extension of life's intelligence through you. Your own nature and intuition guiding you toward what is right and relevant for you, your work, your life, your relationships, your body etc.

Joy is an expression of life's intelligence through you.

You don't know where it's going, like the mind driven actions. You just know that it feels right, now. And that's all the information you need.

## Being moved

If you stress about finding your purpose, or the right work for you, based on your passions...

The problem is that you think YOU need to figure it out. But does the paintbrush need to figure out the painting, or does it simply need to relax and be moved by the painter?

This is a raising of your awareness from being an apparently separate and independent painter, the ego-mind we think we are, to realizing that we are the instrument itself, not separate from the will of life, and in safe hands. USED to paint a painting that is your work, your life, your destiny and destination.

Not in ignorant charge of it. And thus feeling the stress, and pressure, and anxiety that comes from that assumption.

Recognize yourself as a unique creative tool in the hands of the great Logos, and let IT move you and guide you, through your joy, to the work, and projects, and people, and ideas that are relevant for you, and the world itself.

Be not separate. You can't be. So just relax into the movement of the whole. The great painter!

## The scary part

Here's a candid warning though, about doing work you love. Joy based work is messy. It takes time. Being lost, confused, scared out of your mind, and looking into the abyss of the unknown, uncertain and unclear.

But the good news is that everyone who wants to follow the path of meaningful work, has to, or already has passed through the same process. Which more often than not takes YEARS.

Now, don't be scared. You're in safe hands even as the process takes its time and confuses the bejeezus out of you.

You're safe, in all ways you need to be. Even as the mind may, and will, freak out throughout the process.

But I'm sharing this, because I don't want to give you a rose colored view of joy based work.

It's a messy process, especially as you slowly find your way to it. As you begin to leave behind the safety of the known, that doesn't fulfill you now, and begin to allow for what would fulfill you, to arise out of the nature of your being.

That seed is in you, and now you're starting to water it. You're safe, and it's messy.

You've been warned. But it's worth it. And everybody goes through it, who eventually land on the other side of the process.

Right work is the flourishing of the seed that you already are.

## **It's Your path**

So if the journey is messy, like we discussed previously. Then why follow that path?

Well, because that's the only way that you get to flourish as yourself, in your unique creative nature.

That's how you eventually find deep meaning in your life, by manifesting your gifts.

Your gifts may not be clear yet, or maybe you only have a distant idea of what they may be, but the reality is that they become more evident as you walk the path of joy.



We're not here to fit in, by giving up on what we love. But to fit in, exactly by doing what we are designed and configured to do. And be most fulfilled in the process.

The creative path to authentic work is confusing and uncertain most of the way through, but it's YOUR PATH, it's the only path that makes sense, and so it's worth it.

## **An unconditioned view of work**

So what would be something that CAN actually help you on this unique journey of yours?

Well, that's nothing other than a Secure Mindset.

A clear, secure and unconditioned view of work, and life. As opposed to an insecure view of work, and how that fits into your life.

We need a clear view of this topic, as much as possible, as we navigate such a high risk and confusing journey. At least, it feels that way. And we're full of fears and concerns around it.

And so, a secure view of the subject of work, is the only thing that can really keep us sane and hopeful, as we make authentic choices in this part of our life.

What is a secure mindset for work, then?

It's clearing a series of fear based beliefs and misunderstandings about WORK.

The idea is that if we're stuck in work we don't love, we're already functioning based on such beliefs. Which are keeping you closed minded to lighter and freer, more exciting possibilities for your work life. So they are already there, in you, in your insecure mindset or view of money, work, life, creativity.

But also, the exciting part is that these beliefs are ALREADY FALSE.

They are not an accurate representation of what Work really is, from a healthy and mature perspective. And so they simply need to be corrected.

That's what a mindset change is – you used to think in this certain insecure way, and now you begin to see this area in a lighter, more accurate way.

I can't explain right now what the whole process is, for changing our insecure mindset for work. That would happen best during a coaching session.

But that's how simple it can really be: a correction of our views. From inaccurate to more accurate. And thus lighter, freer and more exciting views.

Which then allow us to keep our spirits strong, as we navigate the inevitable difficulties and uncertainty on this path of Joy Based Work.

## **How about the money?**

Okay, let's touch on the most sensitive part of all this... How about the money?

When you ask this question, what you're really asking is: how about my security?

Will I be safe enough financially, to leave behind unexciting work and embark on an uncertain journey towards "I don't know what" ?!  
How about bills, food, rent, family to sustain?

And the answer is: I don't know how that will work out for you. I just know that it will.

That God knows. The Logos knows. You don't need to know, necessarily.

Doesn't mean you should jump blindly, but you can cautiously and curiously step into your Joys more, and leave behind the Musts. And as

the sages tell us, the path appears as you begin to walk it. The solutions start to make themselves clear.

It's scary. That's the whole point. And that's the exact dragon to face on this path to meaningful work. The fear of lacking resources. Of not being safe to follow your truth.

And yet, that's the fear that all have faced in their own way, and have eventually gotten to the other side of doing work they love and being remunerated for it.

I'll say something bold right now, but in my experience true, and not just my own experience, but that of many people whose stories I've passionately explored, masters of their craft, for the last few years, in interviews, and documentaries and biographies.

They had to face the fear of lack. To realize that it's a completely irrational one.

**That lack doesn't actually exist.**

And that in more ways than we can expect now, we're supported by Life. The people around us. And by our own creative capacity and inspiration.

This is a long and important conversation. And I'm glad that we got to touch on it.

## **Your creative expression**

I see work as simply your unique creative expression.

And by that I don't just mean arts and creativity.

I see creative expression as anything that you're designed to do. You may be a very empathic person, who loves connecting with people, so your creative expression may be doing exactly that, whether that's as a therapist, nurse, or teacher, a volunteer, or a politician.

The key is that you get to exercise your empathic nature.

Someone else may be great at building things, they simply have a natural gift for that, so they may find themselves in engineering, or construction for example.

Someone else may love to take in a lot of information, synthesize, and share it, and so they may be great researchers, writers, teachers and so on.

Others may just love moving their body, and so they'd find themselves dancing, or in sports, or yoga teaching, or masseurs etc.

Others may be spiritual in nature, and can't help but find themselves pulled to explore the deeper aspects of life and reality. Becoming guides, and coaches, and healers and so on.

The profession itself is less important here, per say, as is the opportunity to exercise your unique creative nature. Which we all have. And not only do we have it, but it's incredibly valuable.

And not only is it valuable, but we're happiest when we're exercising it. We're in flow. With ourselves and with life as a whole.

There's a whole list of such unique creative natures, which we may get to explore and play with, if we end up working together.

But just know that whatever you actually enjoy doing, there's value and meaning in that.

## Your primary nature

The good news on this path is that we have a trusted guide with us, which is our joy. And we're slowly learning to follow it, to understand it, and progressively to trust it more and more.

**Joy is not easy to follow.** Because there are many fears in the way. The mind tries to interfere all the time. And prioritize security over authenticity in our choices.

**Joy is also not easy to understand.** It's a subtle thing, this still small voice of our soul. And it takes time to learn to listen to it, and to

distinguish it from the voice of fear and reason, that our mind constantly confuses us with.

**Lastly, joy is difficult to Trust.** Because it doesn't come with a clear outcome at the end of its activity. It simply comes with a clear knowing that this feels right, now. And the rest is uncertain, up to God to show us, as we trust it.

But in time we learn to do all of these... to follow it, to understand it, and to trust it. And that's when it becomes our second nature. Better yet, our primary nature... To make authentic choices, that come from our soul, in this part of our life, that is creative expression, which some call Work.

## Joy as an effect

The curious thing about following your joy, or the usual message of following your heart, is that most people who give this advice see it as a causative force.

People think that WE should try to follow our heart, when the reality is that, following our heart is what happens naturally, when we remove the FEAR out of the system.

When we let go of our default insecure mindset for WORK – that's based on seeking security in the work we do – what remains is that we FIND ourselves naturally authentic in this part of our lives.

We find ourselves following our joy. Because the only thing that stopped us were our insecure ideas about work.

From a secure mindset, joy is the natural choice.

Joy as an effect of security. What happens when we don't react to fear. To our false notions about work, money and creativity.

And the issue is that, while everybody suggests to follow your heart, they don't understand that a whole insecure mindset is stopping you from doing that.

So the key is not just to follow your joy, but to become secure enough, that it happens naturally.

Joy becomes the only logical option.

Because your mind is clear, and you understand what the essence of work is: to express creatively as yourself.

This completes the short series on #joybasedwork

Feel free to reach out if you'd like an initial exploratory session, and we'll take a look at your work life and **work mindset**, and see what joy based work could mean for You.

Just send an email at: [joy@securebeing.org](mailto:joy@securebeing.org)

## Conclusion

Essentially, my view of work can be summed up in these four precepts:

1. Meaningful work comes out of your unique nature.
2. It's not done by you, but by Life itself, through you.
3. There's no need to worry about being supported.
4. You can simply let joy lead the way.

In more poetic terms:

"You're a creative **Seed**, growing in the **Soil** of divinity. You just remove the **Weeds** of insecurity. And follow the **Light** of your joy."

Seed. Soil. Weeds. Light.

The result is marvelously simple: **FLOWERING**.

Seeing meaningful work as the simple act of Flowering as yourself.

Work better,  
Liviú Beschieri

## *Mystic and Coach*

PS. Although simple, this view requires much depth and clarity to be lived and embodied... so that the insecurity and confusions of the mind don't detract us into apparent yet **numbing safety**, or worse **striving**.

Feel free to reach out for an exploratory coaching session. And let's see how you may end up **Flowering** into your unique creative self.

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