

The Revolutionary Love Learning Hub

“How is joy an act of revolutionary love?”

Joy Transcript

Recording by Valarie Kaur, 2021

I have discovered about joy that we cannot force it. But when we create moments to be present to our surroundings, to take breath into our bodies, to sense the present moment—the color and light and feeling of being here alive together—then joy comes more easily. It is a felt sense in our bodies.

In the face of horrors visited upon the world daily and the struggle to protect our loved ones, I believe that choosing to let in joy is a revolutionary act. It is the tenth practice of revolutionary love. Joy is the gift of love. For we will be someone else's ancestor one day. And if we get this right, they will inherit not our trauma. But our bravery, born of joy.