TRANSCRIPT FOR PODCAST EPISODE 204-FIND (AND BE A) DELIGHT

I'm Jill Baughan, and you're listening to the podcast called Find Joy...No Matter What.

This is Episode 204.

If you're in a tough place right now, your joy may seem like it's hiding--or gone.

I understand. But it's still there, I promise, just waiting to be resurrected. And this podcast is designed to help you do just that...no matter what else is going on in your life.

For just a few minutes each week, I'll tell you a story--one that just might inspire a way to uncover a piece of joy you might be looking for. Then, we'll consider how it might speak to your life, because even though you'll hear quite a few of my stories during our time together, I believe you'll find your own in every one of mine.

Finally, I'll offer a benediction to send you into your day--or into your night.

So. If you're up for doing joy shots with a friend today...have a listen.

DELIGHT, according to author Shauna Niequist*, is when we engage our senses and our spirits to experience the world God made, and in that moment, we feel a welling up of joy, goodness, and gratitude.*

Ah, raise your hand if you could stand a little more of this in your life, right?

Delight floods our hearts when we hear a song we love, when we stand in front of a painting that moves us, when we watch a child play, when we taste something and all at once our senses are awakened by texture and flavor and smell.

In our family, Shauna says*, we use the phrase buzz the beach, which means going just a little bit out of your way to see something beautiful, magical, inspiring. It's always worth the extra few minutes or extra flight of stairs or extra block out of your way to get a glimpse of something that lifts your heart--that's delight: that bright little lifting of your heart.*

It brings us back to our senses and connects us to the world we live in…When we're in great pain, we tend to isolate, to tune out our senses, and delight cracks through that thick glass of isolation and reconnects to people and to life.

Delight is one of her core values. She writes, *I want to be a person who is easily delighted, who lives with an extremely low bar for delight. I want to be flooded with joy by a perfectly ripe peach, heart-bursting with happiness at the sound of my kids' laughter, dazzled by the sky at dusk.*

I really do believe delight is a flywheel: the more you seek to be delighted, the more delight you'll experience. You'll start to see and hear and taste delightful things all throughout your day.

Lately I've been keeping a little delight list, and I cannot recommend the practice highly enough. My list will be different than yours, of course—they should be personal, according to your loves, your memories, your corner of the world. ***Delight is deeply sense-connected,*** *so it springs from what you smell and taste and touch in your world, and what I smell and taste and touch in mine. The practice of writing this list has become a delight in and of itself for me, and I hope it sparks something in you, too…*

Her list includes*:*

The smell of rain on the sidewalk.

Ice cream for dinner.

Making pancakes with the boys*: for whatever reason, I never buy Bisquick, and we never make pancakes, but when a neighbor moved out recently, she left us—among other things—a box of Bisquick. And as we settle into the lazy days of summer, the boys have been entranced by this box of Bisquick and the promise of pancakes whenever their hearts so desire. William mixes up the batter, Henry does the pouring of the batter into the hot pan and some really expert flipping, and I rummage around for various topping options—current go-to's are strawberries and blackberries, Nutella, maple syrup, honey, and powdered sugar. Sometimes we eat them straight out of the pan, dipping them into all the toppings while we bump into each other in the kitchen, and sometimes William sets the coffee table in an extremely fancy way, and we sit down to eat like veritable kings.*

My own includes these delights:

Reclining seats in a movie theater.

The smell of popcorn in a movie theater.

Visiting our grandkids, being awakened by a little face up in ours belonging to a 4-year-old who whispers, “Let’s play Uno.” At 5 in the morning.

A T-shirt from my hometown 4H fair that says, “What’s in *your* barn?”

Fireworks after a baseball game featuring the Richmond Flying Squirrels. (“Have fun! Go nutz!)

The feeling of not being sick after you’ve been sick.

A visit to Pop’s Dogs and Ma’s Burgers, where you sit at the counter so close to the kitchen you can shake hands with the cook.

The sight of the Oscar Mayer Weiner Mobile when it shows up in the grocery store parking lot.

Any episode of Andy Griffith featuring the “fun girls” Skippy and Daphne (“Hi doll…”)

A fancy little drink umbrella in your colonoscopy prep.

Ah, life gets no better than this!

So what would be on your list? Shauna suggests that you start keeping one *in a journal or in a note on your phone or in a stack of index cards on your nightstand--whatever works for you*.

And if you’re one of those people who says, “I’m no good at writing things down,” or “I start something like this with good intentions, but I never keep it up,” please know that you don’t have to make a big regimented deal out of it. I personally found a little bitty notebook with a leather cover and a latch, to keep my list of little bitty delights in. Its size reminds me that this is a small thing to do, not a project to be attacked and overcome.

And maybe you just want to just take another suggestion: *a Delight Walk—and it’s just*

what it sounds like: a little walk wherein you focus your senses on noticing everything—the smells and sounds and textures of your neighborhood or block, where you pay attention to everything, or maybe even take a few pictures of things you find to be funny or beautiful. And like anything, the more you notice, the more you'll notice. The block you've walked down a thousand times without thinking will spring to life with colors and dimensions and sounds you never noticed before, more every day, walk by walk, sense by sense.

I promise you'll find what I've found, she says*: that delight is possible, just waiting for us to discover it.* [a lot like joy, right?] *That it changes us, and that it fuels us, and that it makes the unbearable a little less so. Delight is its own reward.*

That said, sometimes it's tough to live in a state delight. This past spring we were in Rome, Italy, and I was having some heavy duty pain issues that affected my ability to walk. One evening, we were talking about all we'd experienced that day, including the Sistine Chapel. And all of a sudden I realized, I HAD NEVER ACTUALLY SEEN the ceiling of the Sistine Chapel that day. I had totally missed Michelangelo's famous painting, *The Creation of Adam*, and every other scene from Genesis because I was so focused on navigating the ground with my hiking poles, trying not to trip or block anybody's path, my body trying to find some way of moving that didn't hurt, so focused my miserableness, I never looked up.

It's so easy for all of us to do that, head down, focused on our troubles, missing the good stuff of every day. Maybe you yourself are in such a place right now.

But maybe it would help motivate us to remember, that *delight is [also] a bridge to gratitude. Also, if I'm honest,* Shauna says, *sometimes when someone urges me toward gratitude while I'm right in the middle of great pain, I have a quick impulse to pinch that person. I believe wholeheartedly in gratitude, and also I know it's sometimes a very long distance to traverse…and that's the particular magic of delight: it builds a little bridge inside our hearts--it's like this: I might not at all be ready to say anything even resembling "thank you for this day." But I can listen to the birdsong and recognize it as beautiful. I can nurse a broken heart, miles from gratitude, and simultaneously treasure the taste of a perfect peach, juice running down my chin. Delight inches us toward gratitude without marching us there, and I especially love that aspect of it—the gentleness of delight, the light touch of it.*

This is important: delight is never denial. It's never bright-siding, silver-lining, toxic positivity. Delight comes to sit next to you in the dark and whispers gently. Delight isn't escapism or unwillingness to face reality—it's acknowledging both aspects of reality. Delight is the balance to exhaustion, despair, and numbness. Delight doesn't fix what's broken, but it gives us the fuel to keep going even in the brokenness.

And here's one last idea: the experience of delight isn't just for you—it's for all of us. It's to be shared, to be offered to the people around you as a reminder that the world is beautiful, even when faced with a whole lot of evidence to the contrary.

When my neighbor comes back from a long bike ride, invigorated and full of life, that delight is contagious. When my mom walks me through her shade garden, her long fingers reaching for every bloom and branch as she tells me about each one, I'm basking in her delight—and in all of those moments, I don't have to be a long-distance cyclist or a gardener. I just have to be present to their delight, and nourished by it—what a gift!

And so, my friend,

May the delight of others in your path hitch a ride onto your own soul,

Then may your delight spill over to your every encounter

Until we're all living in the middle of major gratitude…no matter what.

Thanks so much for joining me.

If you know people who need a change of focus today, I invite you to share this podcast with them, and subscribe yourself on iTunes, or wherever you listen to podcasts. Or you can go to my website at jillbaughan.com, click on a podcast episode and sign up to receive episodes in your inbox. Just don't miss a single one, because I so look forward to being with you again soon.

Find (and be) a delight, my friend. And always, always remember: if you go looking for joy, you'll most likely find it.

Till next time..

NOTES:

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