

**Lessons from the Half Moon Bay, CA Teaching Mission Group
transmitted by Susan Kimsey**

A lesson on Cheerfulness from Olfana Nov. 17, 1993

Let us give you a lesson on cheerfulness. Cheerfulness comes easily when one remembers one's destiny is Godward. "Be of Good Cheer" is an encouragement to exist with God in your every effort in life. Cheerfulness can be infectious. It spreads enthusiasm for life from one to another. People need this powerful ingredient in their life. We weep to see those whose lives lack all cheer, or hopes of God's comfort. Reestablish your faith in the power of God's love to envelop you and raise your emotional balance, so that you can take with equanimity the experiences of life. Exuberance, the energy of God, life's vital force, flowing through your actions, is testimony of a cheerful nature. Greet the day with cheerful thoughts, such as: "My Father loves me." "Blessings come to me with ease." "I make my life a demonstration of God's power to heal." "Angels work with me in my every endeavor." "Christ Michael walks with me and guides my every step." "Lessons of love will come to me this day" "Angels are my friends in today's experiences." All these statements, thoughts, give one a thematic approach to their life. The theme is, "I am God's child, cheered by his great love for me, and all my brothers and sisters." We grow wise by extending ourselves into the world with faith. Christ Michael showed you, as Jesus, a cheerful demeanor in all his efforts to do good in the world. He looked for the opportunities to bring happiness to others. Encouragement was in all his words to others. Hopeful expectation of the adventure of life marked his every movement, effort. Let good cheer be the aroma, the perfume, of your soul. It infuses the atmosphere surrounding you. It truly is a vibrational response of your soul to the experiences of life. Spread this perfume to others. Glory in the environment you create when many come together with a cheerful demeanor. Imagine your soul's light glowing brightly at these moments.