

LAURENT & FANNY LEVY

**CHOOSING
JOY**

(Translated from French)

Meetings

Thanks...

To Sylvie Retailleau,
who has given her contribution and friendship
for the transcripts of these meetings.

To all the participants, who brought to life
these very special days.

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CONCLUSION

PREFACE

Choosing one's joy, choosing what makes us joyful, only, and walk in this decision, is certainly the simple and powerful summary of the pages that follow.

Not just these pages, but the path Fanny and I have chosen to take. This was already the case before we met, but our joining together took this common decision to a whole new level. To a level where living is not at all the same as it was before. Where living is the permanent expression of our choices, the recognition of our choices and the manifestation of our choices, everywhere.

We didn't know how much choice we had, because no one taught us that there were options, other options than humanity's "classical" way of living. The discovery that life as we know it is in fact an option is a true revolution. Then welcoming the other options is another revolution in and of itself. Finally, exercising our choice over these different options, every day, has shown us and continues to show us how joyful, luminous, powerful, and above all *meaningful* life on earth can be. A meaning that we all know, deeply, but which was struggling to be actualized because of a lack of recognition, and a lack of daring.

The following book is a transcript of one of our last seminars. One of the four seminars that we had chosen to maintain in 2018 before taking more time to live together and to actualize our deep choices together .

We have chosen to keep the form of this transcript as is. We believe that it is a good way to communicate what is important, namely the vibration, or the energy line from which these dialogues take place. Thus, the style is very spoken, very jovial, direct and dynamic. These dialogues deserve to

be read "as if you were there". And we figured that the great revolution that is talking place here can just as well happen by reading these dialogues, by breathing them, by letting oneself be lulled by the power of all the recognitions that take place, live, in these pages.

Also, we have chosen to keep the moments of meditation as they are. They are moments of guided breathing, very simple and beneficial. I advise you to do them while reading them, that is to say *to play the game* and to take a few minutes to "inhale through the left nostril and exhale through the right nostril..." as proposed at the beginning of each day of the seminar. So many beautiful things happen during these breathings, and that is also why we have chosen to leave them in.

There are a lot of things we talk about at these meetings. These topics are what we live and what we choose to share with those who come to listen to us, or rather who have made the same choices and come to recognize it. That is *why* these meetings are filled with incredible moments.

One of the main themes, as we have already seen, is that of choice, and discovering the options available to us. At the deepest level of these options, or available routes, we realize that there are two main paths: the *almost* and the *already*. Until now, we can say that we have been living in the road of the *almost*, without knowing that it was an option. "I will be complete once I understand this or that". "I'll be able to relax once I've found it". "I'll be sure of myself when I realize my true nature", etc... It's always *once*, *later*, or *almost*. And this option comes with its set of rules, starting with a linear time, a before and an after, which allow that path to actualize itself.

There's another road! The *already*. This one is much happier. It doesn't start from lack and hopes to get somewhere. It starts from the complete position already. And unfolds a path of discovery of all that we know, have and are, already. Of course the rules that come with this road, this choice of reality, are not at all the same.

This first discovery is huge. Of course we talk a lot about it during these meetings. We also exchange on our experience and how it is different from before, since we made the choice of the *already accomplished*. I still wanted to write here that our lives then are not the same as today. And we can say that tomorrow's lives will completely sweep away today's. However, we consider that our testimonies of this *new way of living* are still very valid, and represent the living results of our experience of the *already* at this date, in June 2018.

Laurent, January 2020



