

# JOYFUL INSPIRATIONS



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10 9 8 7 6 5 4 3 2 1

Made in China



Published by  
U.S. GAMES SYSTEMS, INC.  
179 Ludlow Street • Stamford, CT 06902 USA  
[www.usgamesinc.com](http://www.usgamesinc.com)



## INTRODUCTION

By Frances Munro

Joy is a powerful word and it comes in many shapes. Whatever age you are, joy can fuel your determination or draw you back from difficult times.

It's the fascination that can open a child's eyes in wonder as they see their first bird fly. It's the warm hug of forgiveness you may feel when you decide to move on from difficult experiences. It's the special reward that tells you when you've achieved something amazing.

You cannot always demand joy when you're unsure about your life, but when you give joy the opportunity, it can claim you. So use the cards and they will then lead you through any feelings of doubt, and bring a joyful hug and laughter to you whenever you need.

Be inspired by the colors and vibrancy of Judy Mastrangelo's uniquely beautiful paintings. Read the accompanying messages for inspiration. Whether you are very young, or simply feel young at heart, these cards will help clear the dark clouds from your day and let the sunshine in.

No one can order you to be happy or to feel enchanted by life, but when you use these inspirational cards you invite vibrant energies around you. They are there to help you to feel good, and they can help bring you back into balance.

So when you need help, simply use your *Joyful Inspirations* cards, and that sunny rescue team will be there with you. As you read the inspiring message, and draw yourself into the beautiful story within the picture, the clouds will already be lifting and the helpful energies will gather for you.



## USING THE CARDS

These special *Joyful Inspirations* cards are so simple to use. Pick one card any time you feel you need a boost.

First hold the deck and mix them or shuffle them. Say the words "Please help me" and then pick one card.

Look at the colorful imagery and the title of the card. Allow yourself to feel its energy. Then look at the words that accompany them. They are what your soul yearns for and your mind needs to hear.

That's it!

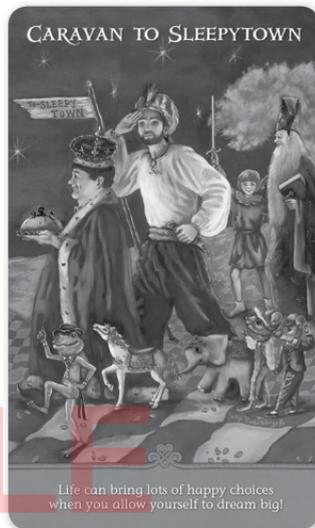
Use them whenever you need, but just call on one card at a time for it will be the help you need at that moment!



Let's join together  
and celebrate your life ahead.

## ANGEL MAGIC

Let's join together and celebrate your life ahead. It's going to be so special. The magic will shine out at every stage, protecting and helping you. Allow it in and you'll feel happier about life than ever before. Just like the petals of a flower, open your arms wide and welcome in the angels' blessings each day.



Life can bring lots of happy choices  
when you allow yourself to dream big!

## CARAVAN TO SLEEPYTOWN

Life can bring lots of happy choices when you allow yourself to dream big! The fun may be in just imagining the opportunities, so don't back away from any of them. Each day offers something different. When you close your eyes at night, rest assured that magic slumbers bring good things.



## CATCH A RAINBOW

Enjoy your day and stay positive, and nothing can defeat you. You may not want to see dark clouds and rain showers, yet everyone knows they can happen. But while others mope and grumble, you don't need to let these things spoil your day. Instead, just look for the biggest rainbow, close your eyes and slide down on it!



## CELEBRATE THE DAY

You don't need an excuse to celebrate. Make every day a party if you want. You can help others to feel good and in doing so, make yourself feel proud and happy. Simply enjoy each day and look for a reason to celebrate. Even a simple cup of tea with friends is cause for joy!



## DAFFODIL ELF

Smiles shine out at you just like the golden sun beaming on you as a new day dawns, teasing you with sweet opportunities. Why hesitate when adventure offers itself? It may be a new friend or fun experience waiting for you. The elves will guide you, just ask for their help.



## DAISY ELVES

Daisies may get trod upon but their petals bounce right back and smile at you. So throw your arms open wide and say "I'm happy with my life" and it will become better too. Don't let yourself feel squashed by life. Focus on the positive, drink in all the fun, and suddenly the day will hug you in its comforting embrace!



## DANCE IN THE PUDDLES

Just because it's a rainy day, there's no need to frown. You may not always understand why things go wrong. They just do at times. Soon, you'll learn to smile in spite of the rain. Just put on your special shoes and dance in the puddles. The sun will soon shine again.



## FAIRY SECRETS

When two fairies come together they share the day's joys and adventures. When you share your day with others, you will find that any problems that seemed to be in the way have vanished, leaving you feeling much happier. When you need someone to share your secrets with, just tell the fairies and make them smile.