



Benefits of Laughter

Remember the benefits you get both physiologically, psychologically and spiritually by indulging your lighter side and laughing whenever, wherever, and with whom ever you happen to be with.

Tips for More Laughter in Your Life

1. Practice laughing five minutes per day. Fake it until you make it.
2. Look for humour around you and keep a journal:
 - On signs
 - In people's behavior
 - On TV
 - The things others say
 - The crazy things that happen to you
 - In the newspaper
3. Share you embarrassing moments with other people.
4. Learn to play with things that are serious, like work social issues, money, etc. For example; use word play, silly songs, or develop a comical view of the issue to help you laugh and cope.
5. Laugh with other people when they laugh.
6. Wear a smile. It puts you closer to laughing.
7. Seek out entertainment, which makes you laugh.
8. Amuse yourself with your own sense of humour.

Reasons to Laugh

It's more than just for fun!

It will:

- Strengthen your immune system
- Enhance your cardiovascular flexibility
- Increase you spirit quotient
- Think more clearly
- Put a devilish twinkle in you eye
- Increase your intellectual performance and information retention
- Forget what you were laughing about
- Replenish your creative juices
- Destroy your Conservative reputation
- "Pop" yourself out of emotional ruts
- Release and transform your emotional pain
- Develop abdominal muscles of steel
- Create prospective and remind yourself of the bigger picture
- Wonder why you wasted all those years being serious
- Experience a deep connection with other human beings

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Guidelines for Being Human

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.
2. You will learn lessons. You are enrolled in a full time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them to be irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".
4. A lesson is repeated until learned. A lesson will be presented to you in curious forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. "There" is no better than "here". When your "there" has been a "here" you will simply obtain another "there", that will, again, look better than "here".
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Your answers lie inside of you. The answers to life's questions lie inside of you. All you need to do is look, listen, and trust.
10. You will forget all of this or you will choose to remember.

Should you choose to remember, you will know that with forgiveness, love and trust you will embrace all that is yours, take your place as a guide and undertake to live your life in absolute abundance, love, and adventure.

