

PHYSICAL EMOTIONAL MENTAL SPIRITUAL

Science, Spirit, and the Healing Power of Laughter

Let's Laugh

SOUL FOOD
for the
FUNNY BONE

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**Laughter isn't just a reaction to joy...
it's actually a
pathway into it.**

The body doesn't wait
for life to be perfect. It
lets laughter lead, and
joy often follows.

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 **PEMS Assessment: JOY**
ACTION PLANNING: Achieving a "5" in Skin School Living!

| | PHYSICAL | EMOTIONAL | MENTAL | SPIRITUAL |
|------------------------------|----------|-----------|--------|-----------|
| Laughter | | | | |
| Soulful (Quiet) Joyfulness | | | | |
| Awe & Wonder | | | | |
| Serendipities - Joy Spotting | | | | |
| Humor & Fun | | | | |
| Notes | | | | |

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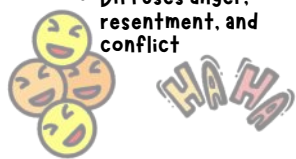


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BENEFITS

PEMS Assessment: Laughter


| PHYSICAL | EMOTIONAL | MENTAL | SPIRITUAL |
|---|--|---|---|
|  <ul style="list-style-type: none"> • Energizes • Relaxes muscles and deepens breathing • Lowers stress hormone (cortisol/adrenaline) • Natural pain relief • Improves heart health, lower blood pressure • "Internal jogging"  | <ul style="list-style-type: none"> • Elevated mood & reduced anxiety • Helps gain perspective • Enhances resilience • Bonding & connection with others • Diffuses anger, resentment, and conflict  | <ul style="list-style-type: none"> • Sharpens focus & mental clarity • Improves memory • Increases productivity & problem-solving • Reduces mental fatigue  | <ul style="list-style-type: none"> • Anchors your awareness in the present moment • Facilitates a sense of oneness, trust, & intimacy with others • Activates strength & courage to move through difficult times • Creates feeling of refreshed & renewed  |

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Laughter & the Chakras

Laughter functions as a spiritual tool that bridges the gap between the physical body and energetic centers, breaking up stagnant energy and reducing stress. Laughter specifically targets the Soul Star and Earth Star chakras to create a vertical pillar of light that anchors your spirit into your "skin school" journey.



Soul Star Chakra – Vibration of Transcendence; Clears Energy; Objective Perspective

Crown Chakra } – Higher Awareness; Elevating Vibration

Third Eye Chakra }

Throat Chakra – Communication; Freeing Self-Expression

Heart Chakra – Love & Joy; Opening to Connection, Shifting from Fear to Love

Solar Plexus Chakra – Personal Power; Unlocking Confidence; Move from Stuck to Empowered

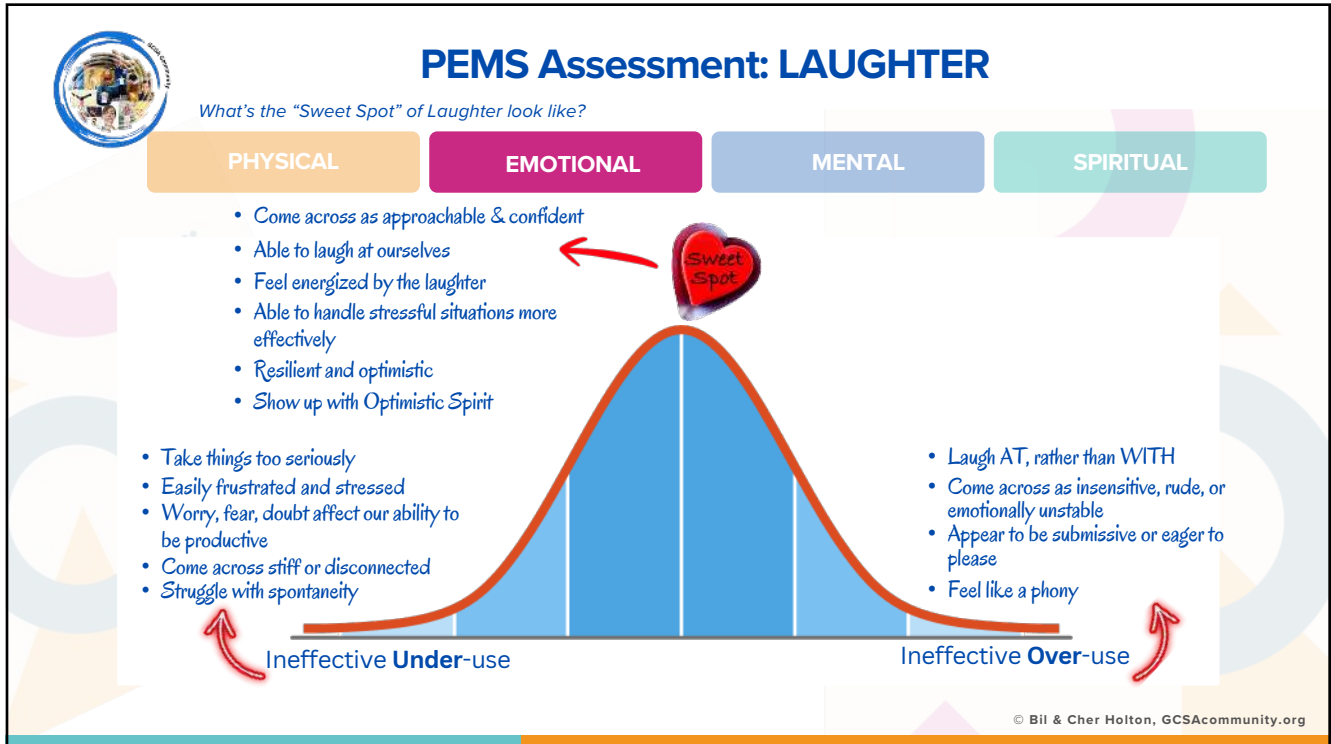
Sacral Chakra } -- Release of Fear & Heaviness; Connecting with Life Force

Root Chakra }

Earth Star Chakra – Grounding Point; Anchoring spiritual insights into physical reality; "Metaphorical Broom" that sweeps stale energies to be recycled by Gaia

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IT'S TIME TO PLAY TOGETHER!

Spiritual Practices

- ⇒ Be fully present
- ⇒ No pressure
- ⇒ Stay Engaged
- ⇒ Respect Others

“Spiritual laughter isn't about escaping life... it's about embracing it with a lighter grip.”

HA HA

HAVE FUN

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Final Tip:

PLAY THE PART!

**YOUR BRAIN CAN'T TELL
PRETEND LAUGHTER FROM
REAL LAUGHTER
(AT FIRST)**

Science FACT
When you choose to laugh, even if it's completely forced, your brain still activates many of the same pathways as genuine laughter.

Do not just "fake" it!

Imagine you're an actor who has been given the role of a lifetime! Dive into the part you have chosen, and play it to the hilt!

Trust the science: As you "play the part," endorphins (natural painkillers) get released; dopamine (the "reward" chemical) rises; & stress hormones begin to drop

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3 QUICK WARMUPS

Jump In and Have Fun!

FACE OFF

20 seconds: sad/stressed
Pause - Notice

20 seconds: soft smile
Pause - Notice

Mirror Image

Look at yourself *(on screen or in mirror)*

Gently over your mouth and nose with your hands


Make different expressions, & notice how your eyes react *(especially with a smile!)*

Pencil Trick



Place a pencil horizontally between your teeth without lips touching it, & hold the position for 30 seconds or more.

(This mimics a real smile, which signals the amygdala to release dopamine, oxytocin, serotonin, & endorphins: neurochemicals that improve mood, reduce stress, and enhance amusement.)

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LAUGHING YOGA



- Clap with full palm-to-palm and finger-to-finger contact to stimulate acupressure points.
- Establish a rhythm: 1-2, 1-2-3.

Add the chant:

- On 1-2, say "Ho, Ho" while clapping in front of your chest.
- On 1-2-3, say "Ha-Ha-Ha" while clapping at left shoulder.
- Repeat 1-2, saying "Ho, Ho" while clapping in front of your chest.
- On 1-2-3, say "Ha-Ha-Ha" while clapping at right shoulder.
- Repeat sequence, going to left shoulder again.
- Stretch arms over head, inhaling deeply and then shouting "YAY!" and waving hands.
- Shrug shoulders one at a time, up & down to the 1-2, 1-2-3 rhythm, saying Ho, Ho, Ha, Ha, Ha. Do this three times, then shrug both shoulders at same time repeatedly while laughing.
- Interlace fingers of both hands and stretch them out in front of you, inhaling slowly from your diaphragm.
- Exhale slowly through the mouth or nose for four counts, ending with a big belly laugh.



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Spiritual Practices


LAUGHTER 3

**HOW TO BRING LAUGHTER INTO YOUR SKIN
SCHOOL JOURNEY ~ EVERY DAY!**


The "Future Laugh" Test: When something goes wrong (like spilling coffee), ask yourself: "Will I look back and laugh at this in six months?" If the answer is yes, why wait? Try to find the absurdity and laugh now.



Three Funny Things: At the end of each day, write down the three funniest or most ridiculous things you experienced. Describing the feelings associated with these moments can significantly boost long-term happiness.



Play Gotcha! When you make a small error, stop immediately and say "GOTCHA!" Then laugh! Laughing at your own blunders sends a message to your brain that it's okay to be imperfect, which reduces unenlightened-ego-based stress.



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Reflection Questions

What becomes lighter in your life when
you allow yourself to laugh?



What becomes possible that wasn't possible
before you laughed?



How do you see laughter affecting your
spiritual enrichment?



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