

No joking: Laughter has big benefits

Laughter...the bubbling, splashing, gushing, gurgling, music along life's journey! When was the last time you had a good, hearty belly laugh?

It's the kind where the whole body get involved. You find yourself thrown against the back of your chair one minute and then doubled over the next. Great, loud noises burst from your upturned and open mouth. Tears flow from the corners of your eyes, and you grasp the sides of your body in mock agony!

At the same time, tense muscles go limp so that you may not even have the strength to make a fist. Laughter aids the circulation, enhances respiration, massages the abdominal muscles, stimulates digestion, lowers blood pressure, begets optimism and self-confidence, and regulates fear and pessimism to the background!

This article analyzes the elusive, light-hearted and delightful concept of "laughter." You may wish to know how wonderful laughter is for your mind-body and companion along life's way. Extensive studies have been conducted to show conclusively that laughter throughout one's day contributes to health.

(This refers only to genuinely fun-loving and kind laughter.)

pleasure-inducers

*Reduces inflammation and infection: sedimentation rate lowers significantly and stays lowered for some time

*Promotes optimism and a more powerful and Energy Enhancing Sense of Life by providing a way of perceiving and dealing with problems with less doom and gloom and with more lightness and creativity

*Assists to shut off activated Fight-or Flight Response in the mind-body so that stress levels are reduced and all mind-body processes are less disturbed: reduce levels of stress chemicals, adrenaline and cortisol in the bloodstream

*Enhances immune system functioning in several ways

*Opens us up to the rush and thrill and fun of feeling alive and rosy-cheeked; takes us back to the childhood innocence and excitement and pleasure of pure happiness and joy; reminds us that we are going in the right direction—definitely bubbling, splashing, gushing and gurgling along that river of life.

This summer have fun, laugh long, hard and often!

Namaste!

Editor

Jane Zoltek, ssj-tosf



Lessons to Learn

LIVE IN INTEGRITY— Spend your days doing activities that match your highest intentions. Let go of anything your intuition prompts you to surrender.

LIVE IN THE PRESENT— Don't cast your eyes on what tomorrow may bring. Focus on your present blessings and make a mental gratitude list every day.

CONFLICT IS INSIDE OF MIND— Any conflict your experience in the outside world is a projection of your ego. You can project your inner conflict onto other people and think that they are the ones who are causing your discomfort. Remember, other people are neutral. You color them with your own meaning and definition. Then you react to them as if these were real. Other people treat you in the way you expect, in a self-fulfilling prophecy.

PURIFY YOUR DIET— Food has vibration! You want to vibrate as high as you can. Eat a diet of fresh fruits and vegetables, nuts, seeds and whole grains which have the highest vibrational frequencies. Avoid meats, dairy, alcohol, chocolate, caffeine and sugar. They have the lowest vibrations.

DO NOT GIVE IN ORDER TO GET — The universal law states you will get results from giving. If you expect something in return, you haven't given away anything.

SPEND TIME ALONE IN NATURE—There are healing properties in nature. Being in nature helps you to adapt to the natural rhythm of the earth. You become more in sync with the rhythm of life.

DETACH FROM MATERIAL THINGS— There is nothing wrong with material things. They are neutral. We have material needs: food, clothing, shelter. When we overly contemplate material items, we are focused on our lower self nature instead of our higher self.

QUOTABLE: *The greatest loss in life is what dies inside us while we live. Norman Cousins*

How we view the past affects profoundly how we live in the present. Regret, hurt and guilt over the past contribute to bitterness some old people feel toward life. Source Unknown

Healthy Mental Attitude

Few of us realize how beautiful and wonderful a factor for physical, mental and spiritual health is habit.

The age-old expression that habit is second nature is seen in our everyday habits. If we consciously think about our daily routines and habits, we are more likely to get into a good habit mode than a bad one. To develop good personal habits, we need to develop a healthy mental attitude. Good healthy personal habits give us high energy. We feel good about ourselves and we also feel good about the world around us.

*Life is unlimited. Your world expands with the generosity, compassion, inventiveness and service that you contribute. Money that is spent or given away returns multiplied. The more love that is given, the more love returns. The more a helping hand is given, the more hands are strengthened and empowered to help. We can help each other to all be winners. We can all have food and jobs and love and happiness.

*For all sad words of tongue and pen, the saddest are these, "It might have been." *John Greenleaf Whittier*