



Bring your sense of humor into the hearts of others

Laugh for the Fun of It!

One of the greatest pleasures in life is laughter. Have you ever watched children laughing? They're spontaneous, lack self-consciousness, and take delight in whatever is going on. Not only is it wonderful to be in that special place where laughter lives, but it's also easy to get there. Laughter provides an instant connection communication between people. Every language laughs the same. It is infectious, addictive, positive, contagious and healthy. When you laugh, it's as if your heart is singing.

Laughter is the only tranquilizer with no side effects, wrote Graffiti. We are happiest when we laugh even if only for a short while. It's more productive to laugh at life than to frown about it. Besides, a good laugh brings sunshine to a cloudy day. Laughter is underutilized. All of us need to laugh more.

Think about people you know who have a great sense of humor. They are self-confident, deal with life's challenges with a positive attitude, and don't take themselves too seriously. Think about how you feel when someone makes you laugh when you are together. Years ago a friend and neighbor of mine was raising 5 children, including 2 sets of twins. The demands on her time and energy would have overwhelmed even the most competent and conscientious parent. When I recall our many conversations and experiences together she always looked at or viewed with her circumstances with humor. She used to say, "What choice do I have?" In reality, she did have a choice. She chose to bring laughter into her family by not taking anything or anyone too seriously. I suspect, even now, she brings the same perspective to the lives of her grandchildren. What a gift she is to the universe.

I love a good laugh. I love being around people who make me laugh. I enjoy watching comedy, hearing a well delivered joke, sitting on the floor laughing with my grandson, and, yes, even laughing at myself when I've done something foolish. Life is demanding. With all our daily responsibilities, the uncertainty in the world, the fragileness of each day, and the disconnect we often feel because we are so busy being busy, I think it's time we each take a closer look at the humorous side of life. Perhaps now it's a good idea and the right time to consider laughing more. Laughter reduces stress. I encourage you to laugh more.....just for the fun of it.

Personally Speaking
"My view on life as I live it"
Bonnie Ross-Parker
Volume 1 / Article 11

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