

# LAUGHTER YOGA & JUDGING PEOPLE

**Mother Theresa** said a beautiful thing about judging people – when you are judging people, it is not possible to love them.



**Children** laugh hundreds of times a day, often for no reason at all. As adults, we tend to laugh only 4-20 times a day. Children live in their hearts ♥ and as adults we're in our heads. When we practice LY, we encourage ourselves to be more playful, more child-like, living more in our hearts ♥ rather than our heads, which generally leads us to being more tolerant, more accepting, more loving ♥ and thus, less judgmental.

- ❖ Research shows we cannot physiologically be angry and laugh at the same time.
- ❖ Research also indicates that the more laughter there is in a relationship, the healthier the relationship.
- ❖ **Laughter** makes us feel good because it defuses three of the most painful emotions (fear, anger and boredom) by releasing them. That release, in turn, prevents or stops conflicts, eases tension, and helps people to see one another's point of view better. – Peter Davison
- ❖ **Laughter Yoga** aims to develop joyfulness, not happiness. In contrast to “happiness”, “joyfulness” is the unconditional commitment to have fun despite all the possible problems that we are faced with in life. Joyfulness is primarily a physical phenomenon. “You fake it until you get it”. The decision may come from the brain, but the process is physical. Because the body and the mind are so closely inter-connected, when you “do good” you “feel good”. “Motion Creates Emotion”. Being joyful / “doing good” actually changes the body chemistry and fosters a healthier state of being.
- ❖ **Laughter** builds self-confidence. Laughter puts us in control of our own emotions. It helps us cope with challenge and conflict better because it gives us a better perspective. It shrinks the hurts of everyday life to a smaller, if not inconsequential size. It allows us to stand above an issue, acknowledge it, and treat it lightly in the awareness that we are touched by the issue but not contained by it. If we are able to laugh about serious things, they simply can't be that huge.

**Because we suspend all judgement when we practice Laughter Yoga, the more we practice it, the more it permeates other aspects of our lives and we can become less judgmental overall.**

# Laugh for the Health of It. Seriously.

Just a few of the many many links about LY in the news and on TV!

## ARTICLES:

Aarp article:

<http://www.aarp.org/health/healthy-living/info-2014/longevity-tips-aging-well.html>

Time Magazine article about laughter:

<http://www.laughteryogaamerica.com/read/news/time-magazine-laughter-yoga-fans-hail-health-benefits-giggling-reason-2363.php>

## VIDEOS:

Random Laughing at a Tram Stop: <https://www.youtube.com/watch?v=Wk9-gkT2bI8>

Laughter on Oprah: <https://www.youtube.com/watch?v=tga6wRGIIIs>

Laughter on CNN: <https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=laughter%20yoga%20on%20cnn>

## TED TALKS:

<https://www.youtube.com/watch?v=1JiUqa8wrUs> Tickling sits at the heart of laughter

<https://www.youtube.com/watch?v=-HJG63EXCmw> Happier in 5 minutes – Ida

<https://www.youtube.com/watch?v=Nju6ycl062Y> Laughter Serious Business

## CREATE YOUR OWN LAUGHTER PRACTICE:

### Sarah's Links for on-going Laughter related content:

[www.SeriousGiggles.com](http://www.SeriousGiggles.com) Check the EVENTS Page for upcoming events

The PRESS page under ABOUT has articles and videos

Facebook: <https://www.facebook.com/LaughWithSarah/>

Twitter: @Serious\_Giggles

Instagram: sarahsseriousgiggles

LinkedIn: <https://www.linkedin.com/in/sarahroutman/>

## CREATE A DAILY LAUGHTER PRACTICE:

Join Sarah on a FREE laughter call every Monday Morning 9am CST

Call: 218-339-2460 Code: LAUGH# (52844#) 15 minutes of ENERGY FOCUS & FUN!

## Check out Dave Berman's Daily Laughters Videos on Youtube:

<https://www.youtube.com/channel/UCUJYPFuXJUpTe55Yvq4wxug/videos>

(See Sarah on these days: #11, #184, #192, #352...and a fun special featuring Sarah's identical twin sister, Rachael laughing and talking about her Laughter Doodles coloring book on #215)

# SERIOUS GIGGLES

Laughing matters. Do it for your health.  
Sarah Routman [www.SeriousGiggles.com](http://www.SeriousGiggles.com)



# PUT MORE LAUGHTER IN YOUR LIFE!

In addition to smile-ups ☺☺ ☺☺ ☺☺ ☺☺ and other Laughter Yoga exercises that you can practice at home, here are a few tips of how to add laughter to your daily routine...go ahead, give me a little giggle! (tee hee hee!)

Make a list of things that make you laugh and incorporate them into your everyday life.

Record, replay and rent funny movies, shows, cartoons, bloopers, and watch them often.

Listen frequently to the comedian who makes you laugh until you wet your pants!

Throw a party funded by money put into the laughter pot every time someone is caught being grumpy.

Write 'FUN' on top of every meeting's agenda and start with something funny.

Tough times at work and home? Each day, put a piece of tape on your sleeve indicating where you've had it up to.

Surround yourself with funny pictures of you, friends and family.

Create a laughter bulletin board at work and home where everyone contributes pictures of people laughing, cartoons, baby pictures, jokes, etc.

Challenge others to have a best- joke contest.

Buy funny greeting cards. Stop while you shop and read a few.

Listen to kids laugh. It's contagious!

## DON'T FORGET TO BREATHE...

**\*Breathing is the KEY to Life!\*** Here's how you can check to see if you are deep breathing properly: Imagine yourself blowing up a balloon. ~ As you BLOW into the balloon, notice that your abdomen/belly contracts and pulls IN. ~ As you take your next big breath IN, notice that you full abdomen/belly expands OUT. Repeat: Blow OUT ~ belly sucks IN; Breathe IN ~ belly expands OUT.

Need help adding even MORE LAUGHTER to your life RIGHT AWAY!?

Join Sarah's FREE Laughter Call – 15 minutes of energy, exercise and FUN! Every Monday morning – 9am CST, 10am Eastern Call: 218-339-2460 Code: LAUGH# (52844#) Do it for your health. It matters! Hahahahaha!

Look for Sarah's LAUGHTER DOODLES Coloring Book – Laugh while you Color! [www.LaughterDoodles.com](http://www.LaughterDoodles.com)

For more information about how to hire Sarah for an event at work or at home, visit [www.SeriousGiggles.com](http://www.SeriousGiggles.com)

