

The vibration of playfulness, fun and laughter



Fun is the most sacred word, far more sacred than prayer. It is the only word that can give you a sense of playfulness, can make you again a child. You can start running after butterflies, searching for seashells on the beach and colored stones (talk by Osho).

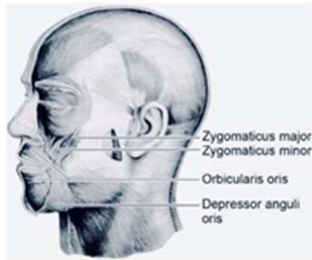
In general, what can vibration mean in the sense of having more fun and laughter in our lives on a regular base?

Our energetic state of how we feel, think, believe defines for a big part, how vibrant our vibration is. We need to stay in the present moment and take responsibility to what level of vibration we want to tune in to. Imagine there is something bigger than us and that our energy field would vibrate to the elements of nature around and under us and in the space above us. What if a rock, a pebble, a stone would have energy, could we become that rock, pebble, or stone and vibrate with that energy? It could mean that we have the capacity to choose to vibrate to whatever frequency we want to. Better make a choice then, that activates and manifest growing prosperity on all levels of our health, wealth, and relationships.

How can we enter more playfulness?

Much is already known but let us take the opportunity to go deeper and see the vibration of laughter from a more conscious and less superficial perspective. Let us open the frequency where our inner smile can pop up and stay all the way, as we experience the mental, emotional, physical, and spiritual benefits of inviting our inner smile back in our lives. *(There will be a guided (PowerPoint) meditation to emphasize a deeper experience in creating more space for playfulness to come in).*

One of the gateways to become more playful is our smile. There are 3 kinds of smiles. The (fake) smile, the infectious darling smile, and the full belly smile. And all three have a direct positive result on the body and the mind. Even though we all have different kind of humors, we all like to laugh because it changes our vibration. Inside and out. So, when we laugh our brain starts to release neurotransmitters (endorphin, serotonin, and dopamine). Our minds start to relax, and we feel content in that moment.



Research was done where they made people read verbs and adjectives related to a positive emotion (laughing or feeling happy) or a negative emotion (crying or feeling sad). At the same time, they measured changes in the electrical activity of the major cheekbone muscles. The study showed that after reading positive verbs and positive adjectives, the activity of the large cheekbone muscles increased.

How can we get more playful?

If we look at our body, we could influence our mood by activating more endorphin in our body. Endorphin has the quality that you become less sensitive to pain with the benefit that it creates space for more pleasant feelings to experience and to multiply. It is the fastest neurotransmitter (compared to dopamine (stimulating effect) and serotine (calming effect) that is active when pain or stress kicks in: your body experiences a high dose of physical effort as a signal of pain. For instance: the first minutes of running you experience resistance and you feel stiff. Because of that signal your body starts to make endorphin and suppresses the pain. If you keep running and running (your endorphin level starts to rise after 12 minutes) a feeling of euphory starts to kick in and it feels like you could run for hours. The body's level of endorphin is at his peak then.

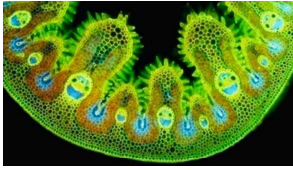
You can add simple things to your daily life to keep that vibration vibrantly going. Find a meditation (that could also be dancing, doing the dishes, or just cleaning the windows: being aware is the key) to become more aware of your thoughts. Water is the body's main component, so drink lots of energetic water to keep the energy in your body and systems flowing. Connect with your source (church etc.) to improve your spiritual wellbeing.

Keep your body moving no matter what circumstances! Even a little movement can do the trick. Letting go of the past and all her negative thoughts and feelings will vitalize your healthy energy increasingly. Start with the intention to forgive every day more and more, and the world opens a new space inside of you to vibrate to a higher level of quality of life. Spend time in nature. Be kind to your fellow citizen on this beautiful earth. Listen and dance to your kind of music and enjoy.

A very important reason to choose to keep your body active is that if you don't, chances are (for most of us) that at a certain time in your life you will start to feel a little down and your body will response by wanting to eat sweet and greasy food. In prehistoric time this was nutritious food and our bodies would reward this with a burst of endorphin. But you see, now, in this lifetime, the outcome will be different.

Now let us go deeper into what bodywork as an art can do for your body. Let us look at the body with compassion and as an energy of tremendous value and that it does not have to be fixed. There is an energy of gratefulness and trust - between the recipient and receiver- and that opens the space for the energy to be playful and it almost feels like you are playing on an organ. The whole body becomes the key of an organ and you feel that harmony is created in the body. When your body is treated by that very touch of loving conscious touch, something in your body relaxes. So do not see your body as a body or a mechanism but see it as a place where your soul enters the body. Our soul loves to laugh so make nurturing your body as a playground and fill the spaces inside your body with the joy of play.

Bring sound to that vibration of the joy of play and relax. Be still. Enjoy the moment. And then, celebrate.



Next time you see grass let it bring a smile on your face. This is a cross section of a single blade of grass, stained for the microscope. The smiley faces are the channels that the water is drawn up through.

A few benefits of inviting more fun and laughter into your life

At times when things look difficult, just go inside your head, and find that spot where there is fun and laughter and give it sound. You will like it. It opens a new world and you have set a new energy. It is a strong medicine against stress, pain, and conflicts. It keeps your body and mind in balance. Humor makes things bearable, gives hope, connects you to others, keeps you grounded, focused and alert.

Your immune system gets stronger. More oxygen goes into the bloodstream, your belly muscles get stronger, healthy transmitters in the brain will be released so your mood improves. When you feel a laughter coming up put your hands on your diaphragm and start feeling that vibration till that vibration takes over your whole body and give it words by making a sound so your whole energy field becomes playful. Think of it as a sport and that you are training a lot of muscles. You will feel better, more productive, and more relaxed.

Always remember that you cannot be stressed and having fun at the same time. A smile makes you feel that you can do it. It relaxes and helps you to focus on something positive. Not to forget the cortisol (stress hormone) that gets reduced. Negative energy will leave the body when you start laughing. When we laugh and see the humor of something it activates our prefrontal cortex which activates creativity, endurance, flexible thinking, and organization.

So, in the beginning when you do not smile or laugh that easily you must start with faking it. Even with a fake smile you activate the face muscle which gives a message to the brain to release dopamine and endorphin. So, you see, you have the power to change your mood. That shows how powerful laughing or smiling can be.

How does laughing and smiling relate to playfulness and how can you increase it?

Deep inside of you there is a spot of inner peace. That was always there and will always be there. This is the perfect spot to invite playfulness in. There is a stillness in playfulness when you enter that realm. Do not take yourself too seriously. Your resilience will get stronger and you become more kind. You need to become more aware of yourself and obtain a higher level of self-acceptance. Break free from all the judgements on all levels, otherwise you will step into the vibration of our collective insecurity. Learn to see the difference between reality and what you think people expect of you. Always remember you can not be in a space of fun and laughter if you are stressed: they do not hang out together. They do not like each other.

Put a straw between your teeth and after that between your lips and notice the difference. Research showed that the people with the straw between their teeth laughed more. That is because the body in an unconscious way responds to the feeling of a smile because it expects that laughter is coming. You can fool your body to smile and to have fun, isn't that amazing?

Next time when you look around notice that most people look serious when they are at rest. You need to train yourself to smile more in whatever you do. Take your smile with you wherever you go. Practice by smiling at everyone you meet. You will be surprised!



The Laughing dove (*Spilopelia senegalensis*). The chuckling call is a low rolling croo-doo-doo-doo-doo with a rising and falling amplitude.

Prof. Dr. Jan van Hoof's theory supports the social function of laughter. According to the former professor, laughter did not develop out of aggression or fear. He discovered that our laughter is like the behavior of chimpanzees when they play. He also noticed that when people laugh at the end, they have a shortage of breath: "iiiiiiiiiiiiieeeeeeee" (audible breath in) and "ha ha ha ha ha ha" ((audible breath out). Chimpanzees laugh smarter: they breath in "hoe hoe hoe" and breath out "ha ha ha ha". At the end they have so much more breath. So, who is laughing now?

How can we sustain playfulness in our daily life?

Appreciate the quality of playfulness, fun and laughter to begin with. Many people have a judgement about this subject and believe that seriousness is a so much "better" quality. So deep inside of you, you must decide and believe that it is time to let more playfulness, fun and laughter into your life. Whatever your circumstances are right now, making this choice now, can benefit you in so many ways in the days, weeks, months, and years ahead.

Of course, you need to surround yourself more with people who have fun on their sleeves. Even if the work is tense there must be space for fun and laughter. Surround yourself more with people who have a sunny side of looking at the world and their happenings.

If the energy of a conversation is negative, try to change it into something positive. People tend to spiral downwards. Ask something funny or tell an airy story. Choose to watch funny movies instead of the news all the time. Do it for a while and you will notice the difference.

The best antidote? There will always be awkward situations, mistakes, and shortcomings. Let your smile be a sincere expression of joy and make time to enjoy your time and make laughter a priority in your life. Even if it is just for one minute a day watching a funny movie or listening to joyful music.

Just start with saying these three short words: "ha ha ha" and you will be surprised how a fake smile can convert into a genuine smile if you give it time. Take a minute and remember a funny moment in your life. Practice it. If you start practicing it more and more funny memories start to pop up. And before you know you have more often and longer a smile on your face.

Happy are those who know how to laugh about themselves because they will always have fun. -Saint Thomas More

