Laughter Therapy specialty within Sound Healing

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December 2024
Globe Institute, Sausalito, California

Main Objectives

Show why all should bring more laughter into their lives!

Help us learn to rediscover joyfulness

Help is see laughter as a daily practice

Where did the laughter go?

- Children laugh around 300 times per day!
- Adults laugh an average of 17 times a day

Source: Shawn Achor, Harvard Positive Psychologist,

author “Happiness Advantage”

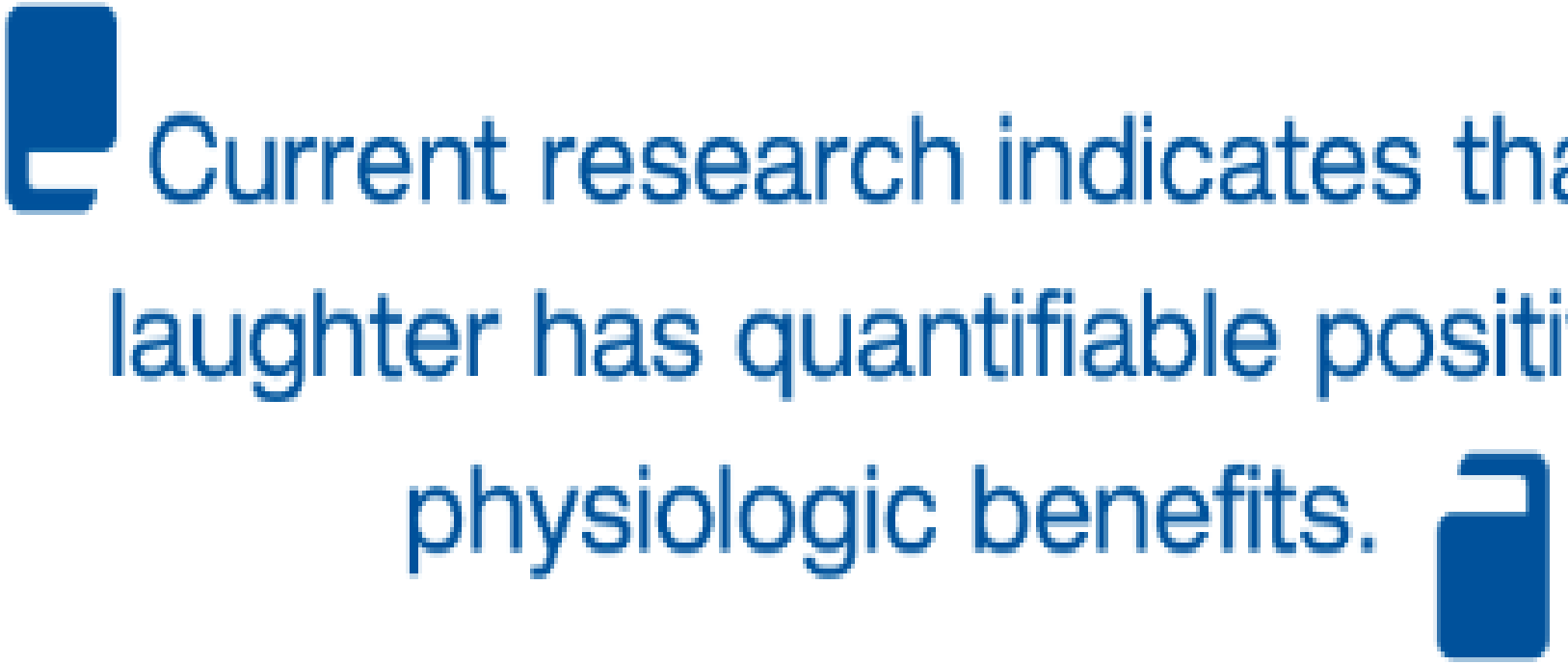
Many benefits of Laughter

Benfits Laughtarians experience:

- Reduced stress
- Improved mood and emotional balance
- Enhanced immune function
- Increased energy and focus
- Cardiac and aerobic benefits
- Greater connection with others
- Improves empathy and compassion

Source: Laughtarian.com

Quantifiable Benefits



"The Laughter Prescription: A Tool for Lifestyle Medicine - Dexter Louie, BA, Karolina Brook MD, and Elizabeth Frates MD

Laughter Yoga

Laughter yoga, is a unique wellness routine that combines intentional laughter exercises with yogic breathing, *pranayama "focus on breathing"*

Intentional Laughter (AKA "simulated laughter") allows laughter to be done voluntarily, and to be sustained long enough for health benefits

Why aren't jokes and comedy enough?

Laughter from humor and jokes has several challenges:

- It is brief, it is fleeting
- It depends on mood
- The jokes get stale
- Some dont get the joke
- Some jokes can offend some people

What is the solution?

Laugh for no reason!

Simulated Laughter!

"To be a happy person, act like a happy person!"

- Dr. Madan Kataria, MD

Source: https://www.youtube.com/shorts/9LsNxwLJoD8

Emotion Follows Motion

- Researchers: Paul Ekman, William James, and Silvan Tomkins
- Bodily expressions and movements can translate into emotional experiences,
- Facial expressions and bodily movements play a crucial role in emotional experiences.

Source: LaughterAngel.com

Laughter In Groups

- Laughter Yoga is typically practiced in groups
- This works because laughter is contagious
- The mechanism is the mirror neurons
- The group dynamic transforms it from simulated to real laughter

How Much Laughter Do We Need?

Simulated laughter allows sustained laughter

Dr. Kataria recommends sustained laughter of 10-15 minutes, *every day!*

What we all need today...

Source: LaughterAngel.com

Q: How Many Asanas Are There In Laughter Yoga?

Answer: Innumerably many!!!!

Doctor Kataria encourages us to make up new poses to keep our daily laughter practice fresh and enjoyable!

Laughter Yoga Leaders learn 40 basic poses

Lets Have Some Fun!

I could read to you my paper on the benefits of laughter therapy.

You would enjoy me quoting from memory George Carlin's research on laughter

Instead, lets learn some laughter yoga poses!

10 Practical Laughter Poses

Learn 8 Laughter poses!

Plus two *bonus* poses!

- Including a laughter yoga bonus pose, inspired by our Sacred Geometry teacher, Richard Feather Anderson, at Globe Institute!

Let's laugh for no reason!

Foundational Pose

Ho Ho Ho Exercise

Rediscovering Childlike Joy Pose

Very Good! Very Good! Yaaay!

Bonus Pose: Shy Laughter

Why are you laughing pose

Imagine Dr. Kataria, with 4 other people, in a public park, all laughing with great joy for 10-15 minutes in row!

How did they answer people who asked

What's so funny?

Milkshake Laughter!

A calorie free way to enjoy your milk shake!

Milkshake Laughter!

A calorie free way to enjoy your milk shake!

In a dispute?

Argument Laughter Pose!

Two Brain Poses...

Mental Flossing!

Brain Wash!

Bills Got You Down?

Credit Card Bill Pose

Bonus: Pose I invented

Flimsy Things Pose

Source: YouTube: Braveheart's Beard Studios

https://www.youtube.com/watch?v=byQU-myptrI

But wait!

There's more!

To learn more:

www.laughtarian.com

- #Laughtarian

#LaughterYoga