

# LAUGHTER, AN ELEMENT FOR THE IMPROVEMENT OF HUMAN CONSCIOUSNESS

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We are accustomed to accepting some simple emotions as part of our life without going more deeply into their vibrational power.

Today we will analyze the way laughter acts bodily, mentally, spiritually, and generally the way it acts in motivating us to develop our consciousness.

Laughter has a broad spectrum of influences on the human organism. It reinforces our immune system, decreases the craving for food, works to make us



more resistant to pain, decreases blood pressure, diminishes stress, and reinforces body muscles.

Our body's immune system, which is based on lymphocyte antibodies B and the activities of lymphocyte T, is reinforced with laughter. Laughter diminishes blood stress hormones such as adrenaline, cortisone, and epinephrine, while increasing hormones that promote health, that is, endorphins and neurotransmitters. Laughter also increases our growth hormones, which provide positive reactions for our immune system. The endorphin release results in the reduction of pain and depression. Experts in therapeutic recreation and humor therapy

emphasize that as we relax with laughter, the function of the circulatory system improves, and the blood is oxygenated, better promoting healthier organic and emotional situations.

Let us now see how laughter affects us mentally. Given that it is contagious, we help others to laugh more, thereby changing the atmosphere in which we live. Thus our mental attitude is free from the entanglements and blockages of everyday life. We can act with mental equilibrium and our decisions are more correct and harmonious.

Humor is also of great importance to our psychic health since it increases the broadness of our spirit, our creativity, and adaptability. Experts associate humor with a higher emotional intelligence that determines the ability of people to handle their emotions and to understand the emotional situations of others. Humor and laughter have been associated with improved results in various tests.

Great people are peaceful and smile even in the face of death. Socrates demonstrated friendliness to his Athenian executors, just before he drank the poison.

Laughter is a characteristic of an enlightened, civilized, and cultured person. Humor derives from the Greek word *Hemor*, which means “juice,” (from Aristotle’s, *Regarding the Soul*). The first etymological derivation of the English term *Humor* is found in the Hippocratic theory of humors of the body. According to this medical theory, there exist in the body, bile, mucus, pus, and human blood. When there is a harmonious balance among these fluids, people are healthy and in a good mood, or humor. In ancient Greece, laughter was considered a positive force. Lysurgus created the first statue to the goddess of Laughter in Sparta, according to Plutarch.

What is the mechanism that helps laughter increase the performance of the brain? Scientists believe that humor stimulates the reward center of the brain in exactly the same way it does with sex and chocolate. The reward center of the brain in turn releases dopamine, which is a chemical substance that stimulates the frontal lobe of the brain in which most of the thought functions take place.

After this brief scientific approach considering laughter, let’s see its implications as a vibrational form.

It is one of the most powerful, if not the most powerful, of vibrational forms which affects not only the one who laughs but also others and the surrounding space.

It doesn’t, of course, belong to the higher vibrations, but its main characteristic is its power and its positive nature.

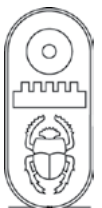
The expression “laugh to the point of tears” illustrates its redemptive nature because it can defuse the psychosomatic part of human nature.

All of us have laughed to tears and have noticed that the vibration of laughter vibrates intensively from the depths of our soul to the material body, influences our emotional body positively, and leaves us with a sense of relief and redemption from our occasional psychosomatic pressure.

It is therefore a catalyst for transmuting a vibratory level to one or more people and even to the place where we live.

We have a very important tool for life that can help us in our evolution and can transmute people and places.

All of us know that with humor and satire we can overcome any situation ... however challenging it may be. With humor we can transmute solemnity and other situations. As we know from the



past in ancient Greece, comedy satirized politics, human situations, ethics, religion, etc.

Children under the age of six laugh 400 times a day. Unfortunately by adulthood, the frequency of laughter drastically reduces to seventeen times a day. The way we confront the difficulties of life is important for our health. Instead of complaining, it is better, as much as possible, to look at our difficulties from another angle and try to see the course of events with humor.

Our helper and our tool is healthy humor with several portions of laughter. It is a great challenge and we shouldn't let a day pass without laughter because this is the forerunner of happiness.

I would like to tell you a true story. Twenty-five years ago, in my city, we had an old room that was used for convocations. In the East, we had an old wooden platform above the regular floor, with the Master's lectern and his chair. In one convocation, before the second part of the meditation, the Master sat down to start the meditation. Suddenly, we heard a

loud sound. We opened our eyes and saw the chair with two legs stuck in the floor and the other two legs in the air—and the Master in the position of an acrobat trying to keep his balance between the floor and the air to avoid his landing on the ground. For a minute, we all laughed so hard that we were in tears. The Master then continued the convocation and said your vibrations bring happiness to this place. After that he took a step to his left and his feet got stuck again, and he told us—I can't close the convocation. Please help me so we can all go home.

The point is that after twenty-five years when we discuss any challenge and try to find a solution, someone reminds us of that funny story and instantly the situation changes to a more relaxed and happy atmosphere.

As mystics we must use all the tools we have available to us. As a very beloved soror said to me yesterday—we must seize the moment and act now (we must be the moment)—because our lives are actually the totality of the moments that we experience.

