

Mentoring and Coaching for Laughter Yoga Professionals

Laughter Yoga 2.0 Season 4

Lesson 3 Exercise List

Laughter Exercises Related To Happiness

Health and happiness: Everybody wants two things in their life - health and happiness . And guess what- with Laughter yoga you can get both. So, just take a long deep breath and laugh out loud. Health and happiness are connected. If you are healthy; you are more likely to be happy. Laughter yoga is a great exercise routine that can give you physical, mental, emotional and spiritual health, which in turn provides an innate sense of joy and happiness.

Happy for no reason: Most people are looking for a reason to be happy but we don't have many reasons, which make us happy. What we need to do is to disconnect our happiness from reasons and conditions. Laughter yoga teaches you unconditional laughter, where we laugh without any reason and this leads to unconditional happiness.

Four Secrets of Happiness from the Laughter Guru:

1. Act like a happy person

One of the reasons people don't laugh much is because they are not happy. Therefore, the easiest way to be happy is to act like a happy person. This sends reverse bio feedback signals to the brain, which produces happy chemicals in the brain and gives us the feeling of being happy. In Laughter yoga, we first act happy, which soon turns into actually being happy. And, when you repeat this over a period of time, it becomes a habit. As Professor William James said, "We don't laugh because we are happy; we are happy because we laugh."

2. Be with happy people

If you want to be happy you don't have to do anything - just be with happy people and you will become happy. The mechanism is very simple - Our brain has special neurons called mirror neurons , which copy and mimic the behaviour of others. As we are a product of the environment, if you are with happy people; you will become happy automatically and if you are with grumpy people; you will become grumpy.

3. Give happiness to others

If you are happy and people around you are not happy they will not allow you to stay happy for a long time. So, please start giving happiness to others - it will multiply and come back to you.

Be happy with everyone

Sometimes it's not possible to make everyone happy but you can be happy with everyone.

When you are trying to make everyone happy, it means you are compromising on certain things. So, how can you be happy? The answer is by accepting people as they are. It's easy to be happy with everyone by ignoring their faults and inconsistencies and not getting involved in their problems.

Difference between Happiness and Joy

Happiness is of two types:

- External happiness which depends upon getting what you want in your life, is called conditional happiness. In fact, at times, even when you get what you want but it does not make you happy for a long time, our body gets used to it and this is called adaptation.
- Internal happiness: There is another type of happiness which is not outside – it is within us. It is called joy or 'Ananda'. Joy you create on demand and command and you can laugh anytime. It is a remote control of happiness, which is in your hands. Remember, "When you open your mouth and laugh you are opening the door to happiness." Opening the door laughter

What Hampers Our Happiness

Stress: Too much stress makes us unhappy by releasing cortisol in the body. Laughter is the cost-effective, less time consuming and scientifically proven method of reducing stress.

Too many desires : Keep your desires to the minimum if you want to be happy because all the desires are not going to be fulfilled. Keep your expectation to the minimum and whatever you get in your life; let it come as a surprise.

Laugh and you will get 4 happy chemicals in your brain - endorphins dopamine, serotonin and oxytocin. Cocktail Laughter

Difference between pleasure and happiness: By seeking physical pleasures and a sense of gratification from them; it makes you addicted but you will feel miserable when you don't get it. Therefore, it is better to have simple pleasures like watching a sunset, listening to music, playing with children or being with animals.

Relationship and happiness: Always remember that the quality of life depends upon the quality of your relationships. Laughter is like a magnet which draws people closer to you. If you have a good quality of caring sharing friends you will be more happy.

Happiness in the Present

Sometimes we get caught up with the past and the future and forget to enjoy what is in the present. So, what should we do to be happy in the present? All you need is to focus on your breathing and laughter because both breathing and laughter happens in the present moment ; you cannot laugh and breathe in the past or future. So, breath in and Laugh haha

Happiness in the Past

It is interesting to note that the pursuit of happiness has something to do with your past. There are so many things which had happened in the past – some good ; some not so good. But in order to be happy, you can be grateful for the good things that have happened and forgive and let go of the things which were not so good. Letting go exercise

Happiness in the Future

What is happiness in the future? People always tell us not to think about the future as it is uncertain and yet to come. But still, we are always planning our future life and perhaps this is the best thing to do. We should be optimistic and hopeful about our future; only then can we get a complete sense of happiness in the present. Laughter yoga does just this. It brings hope and optimism, which enables one to feel a sense of intrinsic joy and happiness.