



New Pathways Wellbeing Circles

EXPLORING FOUNDATIONS OF WELLBEING

12th December 2018

This month's program will explore the power of laughter and how balance and content impacts our health and wellbeing.

THE POWER OF LAUGHTER

On average, an infant laughs nearly two hundred times a day; an adult, only twelve. Maybe they are laughing so much because they are looking at us. To be able to preserve joyousness of heart and yet to be concerned in thought: in this way we can determine good fortune and misfortune on earth, and bring to perfection everything on earth.

I Ching

Your joy is your sorrow unmasked. And the self-same well, from which your laughter rises, was oftentimes filled with your tears.

Kahlil Gibran

A person who has a sense of humour is not just more relaxed in the face of a potentially stressful situation, but is more flexible in his approach.

John Morreall

The truth is, laughter always sounds more perfect than weeping. Laughter flows in a violent riff and is effortlessly melodic. Weeping is often fought, choked, half strangled, or surrendered to with humiliation.

Anne Rice, Taltos

Let us not use bombs and guns to overcome the world. Let us use love and compassion. Peace begins with a smile – smile five times a day at someone you don't really want to smile at all – do it for peace. So, let us radiate peace...and extinguish in the world and in the hearts of all men all hatred and love for power.

Mother Teresa

A Story - The Sack

Mula came upon a frowning man walking along the road to town.

"What's wrong?" he asked.

The man held up a tattered bag and moaned, "All that I own in this wide world barely fills this miserable, wretched sack."

"Too bad," said Mula, and with that, he snatched the bag from the man's hands and ran down the road with it.

Having lost everything, the man burst into tears and was more miserable than before, but continued walking. Meanwhile, Mula quickly ran around the bend and placed the man's sack in the middle of the road where he would have to come upon it.

When the man saw his bag sitting in the road before him, he laughed with joy, and shouted, "My sack! I thought I'd lost you!"

Watching through the bushes, Mula chuckled. "Well, that's one way to make someone happy!"

Sufi

I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person.

Audrey Hepburn

Laughing Buddha, as we all know, brings good luck, and abundance in one's life. Laughing Buddha is considered very auspicious in Vastu and Feng Shui. Putting the statue of Buddha in a house or shop increases positivity and the chances of loss can be reduced. Though, a symbol from Feng Shui, however, laughing Buddha holds a lot of significance in our lives. Hence, it is important to know that which direction should it be kept and which type of laughing Buddha should be used by individuals.

Laughing Buddha with a sack or bag

It is said that Laughing Buddha with sack, means he collects people's sadness and woes and puts them in his sack. While another version of Buddha carrying sack is said to be lucky. It brings wealth and Prosperity. you keep laughing Buddha at home or in the office, then problems related to money can be solved.

Laughing Buddha while raising both hands

If the business is not going well then the this statue of Laughing Buddha should be kept in the shop

Laughing Buddha playing with children

It symbolizes good fortune coming from heavens. It will prove as a good luck. This idol is kept in the house to eliminate problems related to the child.

Laughing Buddha with a fan

This statue symbolizes happiness and joy. It also eliminates all problems and sorrows.

Laughing Buddha sitting in meditation

If the atmosphere of the house is unstable then keeping this Laughing Buddha in house helps to keep calm the mind.

Laughing Buddha sitting on the boat

If you keep this Laughing Buddha in house or on the shop then all obstacles can be overcome.

Laughing Buddha

Laughter is the Best Medicine

Sure, it's fun to share a good laugh. But did you know it can actually improve your health? It's true: laughter is a strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. As children, we used to laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humour and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. It also helps you to release anger and be more forgiving.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

helpguide.org

The old man laughed loud and joyously, shook up the details of his anatomy from head to foot, and ended by singing that such a laugh was money in a man's pocket, because it cut down the doctor's bills like everything.

Mark Twain (Tom Sawyer)

For everything there is a season, and a time for every purpose under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to cast away; a time to rend, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace.

Ecclesiastes 3:1-8

I have been confronted with many difficulties throughout the course of my life, and my country is going through a critical period. But I laugh often, and my laughter is contagious. When people ask me how I find the strength to laugh now, I reply that I am a professional laughter. Laughing is a characteristic of the Tibetans, who are different in this from the Japanese or the Indians. They are very cheerful, like the Italians, rather than a little reserved, like the Germans or the English.

My cheerfulness also comes from my family. We are always amusing ourselves, teasing each other, joking. It's our habit. To that is added, as I often say, the responsibility of being realistic. Of course problems are there. But thinking only of the negative aspect doesn't help to find solutions and it destroys peace of mind. Everything, though, is relative. This way I have been able to preserve my inner peace. I Love the Smile, Unique to Humans

Dalai Lama

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

Researchers have found a link between laughter and mental health. Laughter dissolves distressing emotions. You can't feel anxious, angry, or sad when you're laughing. Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more. Humour enables you to shift perspective, thus allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.

The overall social benefits of laughter are that it can strengthen relationships, makes others want to be around us, enhances teamwork by promoting group bonding and it is a great diffuser of conflict. Humour and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment.

Jim Edmondson

Laughter connects you with people. It's almost impossible to maintain any kind of distance or any sense of social hierarchy when you're just howling with laughter. Laughter is a force for democracy.

John Cleese

[Humanity] has unquestionably one really effective weapon - laughter!

Power, money, persuasion, supplication, persecution – these can lift at a colossal humbug – push it a little – weaken it little, century by century, but only laughter can blow it to rags and atoms at a blast. Against the assault of laughter nothing can stand.

Mark Twain

A Story

I went to high school thinking that Mrs. Davis was going to be our Choir teacher. Boy was I wrong. I went to 7th hour and there the new teacher was — Ms. McPhee. She's always smiling, laughing, having a good old time. She's the kind of woman who does not care who you are, what you look like, how tall you are. Then when I had told her she was my favourite teacher she kind of understood. Ever since then we've been having a blast laughing smiling I even stay after school every single day just to help her so she calls it. I like her a lot. She's an awesome teacher. So, remember things may not always work out the way you want them to. They could be better.

Anonymous – passiton.com

A person who has a sense of humour is not just more relaxed in the face of a potentially stressful situation, but is more flexible in his approach.

John Morreall

Be happy for no reason, like a child. If you are happy for a reason, you're in trouble, because that reason can be taken from you.

Anonymous

Man is always progressing. His circle of knowledge is ever widening, and his mental activity flows through many and varied channels.....Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy.

Bahá'í Writings

*Thank you for joining us this evening.
We hope you enjoyed the reflections and discussions.
Please join us for light refreshments.*

Thank you for joining our *Wellbeing Circle*. We have initiated these monthly sessions so we can pause and reflect on the important foundations of life - the things that make the difference in our own wellbeing, in how we build connections and a sense of purpose. Our *Wellbeing Circles* are free for clients, the general-public, family and friends. We hope they allow us to give back to the community and compliment the *New Pathways Life Coaching* 1 to 1 sessions.

UPCOMING - Wednesday February 13th 7.30pm-9.00pm

Feel free to invite family and friends to a future session. Please book online.



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