

Latterkongen Freddie Sunde

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LAFF NEWS

Monthly News Letter From

LAUGHTER YOGA INTERNATIONAL



November 2008

News Highlights

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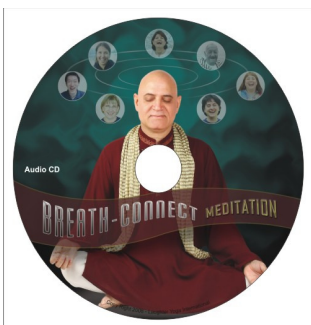
Upcoming Training

5-DAY CERTIFIED LAUGHTER YOGA TEACHER TRAINING, Mumbai, India January 12-16, 2009

For more details [Click Here](#)

Launching 3 New Audio CDs

Breath Connect Meditation



Breath Connect Meditation is a technique of visualization and breathing at the same time that helps

The Positive Side of Terror Attacks

The recent attacks on the city of Mumbai, the financial capital of India has sent shockwaves around the world leaving one numb in the wake of violence, death and destruction. This inhuman act committed by a few misdirected elements has brought fear and sadness to millions around the world. There is feeling of helplessness, insecurity and vulnerability.

Seeing the images of extreme destruction flash on television, I wonder what goes on in the mind of a terrorist. How could anyone ruthlessly mow down innocent people? What psyche allows such unthinkable acts of violence?

Though deeply affected by all that's happening around me, I still look for something positive and some streak of goodness that can emerge in the face of crisis. As they say there is always some good that comes out of the bad...I am a born optimist and designed to look at the brighter side of life.

What is good about this terror attacks? Here are some of my thoughts and feelings that I would like to share with you.

We all are interconnected: These kinds of attacks show that all of us are extremely vulnerable. A terror attack can strike anyone and anywhere in the world. No matter how strong or weak a country might be, we all are vulnerable to the consequences of terrorism and militancy. Be it New York, Mumbai, Iraq, Afghanistan or any other place – the whole world gets affected in some way or the other by these terror attacks. Whether or not we are directly involved in the violence we pay the price if we are not united against these negative forces.

War brings Need for Peace: Each terror attack makes us stronger and brings us closer to world peace. It is seen that when under a terror crisis, the whole world becomes one. It brings out the best qualities of unconditional love, compassion, kindness and generosity towards fellow human beings no matter which region or country they belong to. It takes a crisis of this dimension to bring nations together and work in harmony to create a kind of oneness which never happens under normal conditions.

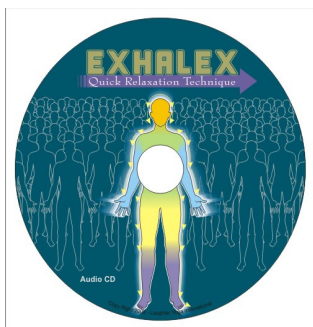
Darkness disappears with Light: Though negativity appears larger for the moment and the situation looks desolate and dreary, but when the whole world comes together it seems to shrink away and appears very small. Every attack like this reduces it and strengthens the need for the positive forces to come together for survival of humanity.

War brings More War: We can never win a war on terror. War can only bring more war. It is not the physical being that needs to be destroyed; it is the mind that needs to be enlightened. Love is the ultimate weapon that can remove darkness from this world. Problems can only be solved by the process of dialogue and taking measures to create a positive environment.

Laughter Yoga movement stands for bringing world peace through laughter. Breathing is a very powerful tool and life giving force of the universe. We all breathe in the same environment and in a way we're connected through breathing.

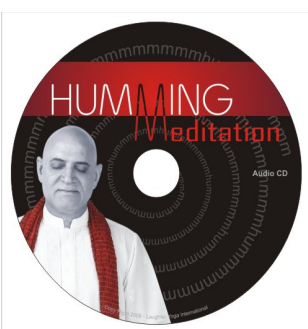
you to connect with others in a mysterious way and improves your relationship with others. We reflect and remember the faces of some important people in our life and breathe for them. Any negativity or hatred towards that person will dissipate and you may see the changes in your behavior as well as in the behavior of the other person.

EXHALEX - Exhale & Relax



EXHALEX means exhale & relax. It helps to release all fears, stress and tensions from the body and mind. It is a quick recharge method for highly stressed people. Just listen to the mesmerizing voice of Dr. Kataria as he leads you through a guided session.

Humming Meditation



One of the objectives of any meditation is to bring down the number of thoughts as less thoughts means less reaction, less agitation and one feels more calm and peaceful. Humming is a great way to break the chain of thoughts and their reactions and help relax the body and mind. It helps to induce deep sleep and is good for chronic sinusitis. It also controls high blood pressure and helps to enhance memory.

Special Offer

I appeal to all the Laughter Yoga club members and laughter lovers around the world to close your eyes and reflect on your mental screen the images of those people who have lost their lives during these attacks and breathe for them and send out your energy of healing and love. Let us also breathe for those who have done this heinous crime to bring some sanity to them.

My prayers are with all.
Love,

Dr. K

Laughter Yoga in Greece

Keeping stride with its rapid global spread, Laughter Yoga finally reaches Greece as it launched its 1st Laughter Club on 4th October 2008, at NAMA Gym on the island of Aegina, near Athens.

The club was initiated by Eleni and Vasiliki Skrekou Certified Laughter Yoga Teachers. They brought together an enthusiastic group which covered a wide age range and all participants shared one common characteristic: they were all ready to spend an hour of joy! And above all, they were grateful to the never-ending Spirit of Laughter.

The club has an active participation of members who propose to set up an NGO for all their activities and organize laughter seminars and workshops. Their main aim is to expose different groups of people to the joy of Laughter. Besides, they also plan to encourage activities related to peace and protection of environment though laughter which will ultimately culminate in World Peace.



LaughterYoga in Poland

To add to the rich history of Poland, Gaga and Khevin Barnes recently introduced Laughter Yoga to the Polish people bringing them closer to the worldwide laughter family. There are nine new amazing Laughter Yoga Leaders in Poland. They are very inspiring and creative and have already started their work of spreading the joy of laughter.

Here are the Youtube links to:

["Laughter Yoga in Poland" ..Laughter Yoga Training in Poland October 2008](#)

[Laughter Yoga with Gaga and Khevin in Poland featured on Polish National TV October 2008](#)

After Telephone Laughter Clubs Now comes Laughter Yoga WEB TV and Radio

Even as world economy is falling apart, laughter clubs, online laughter club and phone laughter clubs are flourishing day by day. Very soon you may hear about internet video laughter rooms... ha ha ha ha

Telephone Laughter Clubs

Popularly known as Bridge lines, they are much in demand in USA. Now people laugh seven times a day for 20 minutes. Five Certified Laughter Yoga Teachers and Leaders get on the phone at different times of the day to laugh with others and sometimes with each other.

It keeps the laughter alive and really makes a difference in our day, they say. Sometimes we don't even feel like laughing and then we get on the phone and that thought is all over. Remember your laughter with others really helps to shift a mood or 'jest' let go!

Gaga Barnes initiated the original laughter call almost two years ago and it has now grown to include four laughter call lines with leaders from all parts of USA. The dream is to have a 24 hour 'laugh line' with calls on the hour...want to laugh everyday?

Everyone is welcome and anyone can join in. There is no sign up, no commitment and best of all no fee! We practice 'laughing with' instead of 'laughing at' and that's why we don't need jokes or other stimuli to activate it...laughing is natural. We all use the same laugh line and pin number to make it simple for everyone...all you have to do is dial up and leap into laughter with us. Laughter Yoga Bridgeline has 10 calls now--3 a.m., 6 a.m., 7 a.m., 8 a.m., 9 a.m., 10 a.m., noon, 1 p.m., 5 p.m., & 6 p.m. Pacific Daylight Time. USA.

Buy all 3 Audio CDs @ \$45/
(including shipping)

For more details and order
[Click Here](#)

Fun Game from Laughter Club



In the Bedroom

This fun game can make your group laugh like anything. It is ideally suited as an icebreaker for your workshops, seminars and trainings. This can also be played whenever you have a group of 5 to 50 people. This idea comes from the Chinese fortune cookies.

How to play

The group leader distributes the cards with some inspirational and motivational quotes. Each member has to read out the quotes aloud and end it by adding the sentence..... in the bedroom. For example " you will meet someone who admires you..... in the bedroom" " live life every day as if it is the last day of your life..... in the bedroom. Ending the sentence by the funny tagline changes the whole meaning of the sentence and makes people double up with laughter. Play on..... it's lot of fun Ho Ho Ho Ha Ha Ha

For more details and order
[Click Here](#)

(712) 432-3900 use pin 6071292#

For more details visit www.followthelaughter.com

We are also getting good reports from Jackie in Sydney and Lotte from London about telephone laughter clubs.

Contact Details:

Sydney Telephone laughter Club (On Monday & Wednesday at 7am & 9am) - 299042885

London Telephone Laughter Club - +44 1727 872 680 , +44 7736 341 717

The Blog Talk Radio

The blog Talk radio is a social radio network through the Internet. You can create your own live talk-show which can be heard around the world without the need for fancy equipment or downloads. A group of people can get together and create a virtual laughter club. You can do laughter exercises and share and discuss your experiences. Please click at the following links and you will get an idea about this virtual laughter club. You can laugh with Miss. Lafalot Amy, Giggle Girl Chey and many other Certified Laughter Yoga professionals.

<http://www.blogtalkradio.com/stations/flylady/Laughing-Lady>

<http://www.blogtalkradio.com/search/Virtual+Laughter+Club>

<http://www.blogtalkradio.com/fourdirectionslaughradio>

Laughter Yoga on Web TV

For those of you who don't know Sparkie from Santa Rosa California, she has been making a TV show called Laughter Break and Laughter Yoga Live. Now the series is called Laugh to Love. It airs on channel 30/72. She has done different kinds of laughter shows. Some are live Laughter Yoga classes and others are interviews with leader/teachers along with laughter exercises. This one is a call in and people laugh with her in the studio. You will love watching this show on the net.

To view this program:

1. Go to: http://www.communitymedia.org/cm_c_tvontheweb.php
 2. Click on "Featured shows"
 3. Click on "Laughter Break", it's on the right, in the middle.
- Enjoy the show(28 min)

Inner Spirit of Laughter

Restaurant No 72



Traveling has been a great learning experience for me. We come across people from different cultures and backgrounds. To see how they live and to know what makes them happy is an interesting facet of wandering around the world.

I travel for almost 7- 8 months in a year to spread the word of laughter worldwide. Though tedious, my passion for laughter keeps me going. In spite of working 16 hours a day, I never feel tired.

In August 2006, my wife Madhuri and I went to Langkawi, a beautiful island in Malaysia. While on our way from the airport to the hotel, our host decided to stop for lunch. We went to a Chinese restaurant, which was perhaps the most unique eatery I have ever come across. The whole concept in that place deeply touched and inspired me.

What was different in this restaurant?

To begin with, the restaurant was strangely called 72, which was the actual number of the shop. On entering, we were completely taken a back – there were no waiters, no menu cards, no managers and no system of billing! There was just a tastefully laid out buffet with a board that read, 'Eat as much as you want and pay whatever you can afford'.

What a treat! There was rice, noodles, soup and different kinds of vegetables. Being a vegetarian, I loved it. As part of self service, we even had to rinse the dishes after eating. But. the best was yet to come.

**Special
Christmas Offer!**

50% OFF

**Buy any product on
Laughter Yoga shop
in multiples of 10
and get a discount of
50%. Depending
upon the order there
will be a slight dif-
ference in shipping
cost to different
countries. This offer
is until 31 December
2008.**

There was a huge donation box at the counter and before leaving the restaurant, one could make some contribution – That was it. An unbelievable concept! It really moved me to see generosity tapped in such a subtle way.

By now, I was very curious to know the person behind this ingenious idea. Luckily, the founder – a young Chinese lady happened to drop by. Excuse me for not remembering her name as I misplaced her card. She looked very happy as we sat down to chat. I had seen several charitable organizations serving food for free but never seen a restaurant in a market place that literally offered a free fare.

The kind hearted lady told me that Langkawi is a haven for tourists but very often some of them, especially students do not have enough money to pay for meals. She even told me that all the cooks were volunteers. She only supplied the raw material and they prepared the food in their house and brought it to the restaurant.

Intrigued by her logistics, I couldn't help but ask her how she managed the funding as there was no guarantee how much people would donate. She said, "You'll be surprised to know that we never run out of finances. People always put in more money than the actual rates." Incidentally, I had put 100 USD in the box which was much above the real cost, but I was very impressed by her benevolence and the contribution was just a small way of thanking her.

Meeting her was no less than a spiritual experience. Seeing her radiate with happiness doing this divine job, I realized that service to mankind is the easiest way to be spiritual. Next time you visit Langkawi don't forget to visit Restaurant Number 72 - it is really an act of charity in accordance with the Inner Spirit of Laughter...Ho Ho Ha Ha Ha

This is a short story from Dr. K's forthcoming book. You are also welcome to share your stories for the book.

Laughter Yoga International and Dr. Kataria School of Laughter Yoga

For any information or queries contact raj@laughteryoga.org

www.laughteryoga.org

[Read the Newsletter online - click here](#)