

ESSENTIAL PROGRAMME

HABIT 6

Regular Laughter



...powerful habits to transform your life!

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Quick Guide

Habit 6 is entitled ~ **Regular Laughter.**

A feel-good habit with multiple health benefits 😊!

From stimulating your immune system, filling your system with lovely endorphins to toning your stomach muscles, this one just keeps on giving and we all naturally love to have a good laugh.

There's no downside to this one 😊!



Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 6 ~ Regular Laughter

“Laughter is the best medicine! 😊”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 - **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.

Regular Laughter

Let's start with some research.

In 2005 a study was carried out at the University of Maryland School of Medicine. The researchers looked at the effects of laughter on the endothelium, this is the inner lining of the blood vessels.

They found that it is conceivable that laughing is important to maintaining a healthy endothelium and reduce the risk of cardiovascular disease.

Laughter can reduce the levels of stress hormones in the body such as cortisol, epinephrine, and adrenaline.

These hormones can cause multiple health issues including, weight gain, heart strain and sleep issues.

However, laughter releases endorphins which acts as an antidote to stress hormones.

In a nutshell...

'Stress is a killer; Laughter is a healer!'

The multiple confirmed health benefits of laughter...

Professor William Fry and his team at Stanford University carried out multiple studies on humour and laughter over 30 years. Here are the conclusions,



- 😊 Laughter provides enjoyable exercise both toning and relaxing muscles.
- 😊 Laughter is an internal organ massage and leaves our insides feeling invigorated and alert.
- 😊 Laughter helps us stay healthy (releases endorphins that work wonders) and even assists in managing pain or illness.
- 😊 Laughter helps to protect us from colds and viruses as it increases the levels of an antibody (Immunoglobulin A) in the nose and respiratory passages.
- 😊 Laughter increases levels of natural killer cells and antibodies to boost the immune system.
- 😊 Laughter stimulates the production of lymphocytes containing T-cells that fight cancer cells.
- 😊 Laughter engages every major system in the body.
- 😊 Laughter reduces the levels of stress hormones.
- 😊 Laughter enhances problem solving skills.
- 😊 Laughter brings us closer to other people.
- 😊 Laughter activates our tear glands to brighten our eyes.
- 😊 Laughter raises our vibration and makes us FEEL GOOD 😊!

Not only are there multiple health benefits to laughing but you get to feel good every time and its FREE 😊.

We should all be laughing more, and don't we know it!

Suggestions...let's get practical

Hopefully you'll have a few opportunities to have a good laugh through the natural course of your day.

- ✓ **Aim to have at least one good belly laugh every day.**

This is a habit you can't really overdo, it's simply about creating an environment that allows you to have a good laugh(s) every day.

Spend a bit of time putting together a laughter package, perhaps find places with an endless supply of humour that makes you laugh, this could be...

- 😊 You tube videos of whatever makes you laugh.



- 😊 You tube classic comedy clips.
- 😊 Clips of favourite stand-up comedians.
- 😊 Jokes (Facebook is full of humour related groups).
- 😊 Funny Meme's (social media has an endless supply).
- 😊 Baby laughter (loads of online clips) impossible not to laugh with them.
- 😊 Contagious laughter videos online.

It's whatever works for you, just bookmark/join/save different media that you know will make you laugh and visit regularly.

Try not to laugh or smile!

Coming up is a link to the 'man laughing on a train' video that has been very popular on social media, it was done to promote a campaign called "Choose Happiness."

Concentrating on his pad with his earphones in, he starts laughing very loudly at what he's watching, this captures the attention of everyone in the carriage who instinctively all start smiling and laughing too. View [here](#).

Pattern breaker

If you're having a bad day, where you're just not feeling it and your vibration is lower than normal, you can disrupt this lower vibration with what is known as a pattern breaker.

Find something from your memory bank that had you in fits of laughter at some point in your life. Something that was so funny that even the thought of it now, makes you laugh and feel good.

Then, when you're feeling a little low, just think about that event, the associated neurons in your brain will automatically fire and recreate the feel-good emotions connected to it.

Use it as an instant way to raise your vibration any time you want to feel good 😊.

References

'University of Maryland Medical Centre (2005), University of Maryland School of Medicine shows laughter helps blood vessels function better' (7 March) study summary available [here](#)

Here's a webcast with Professor William Fry explaining '[The Science of Laughter](#)'

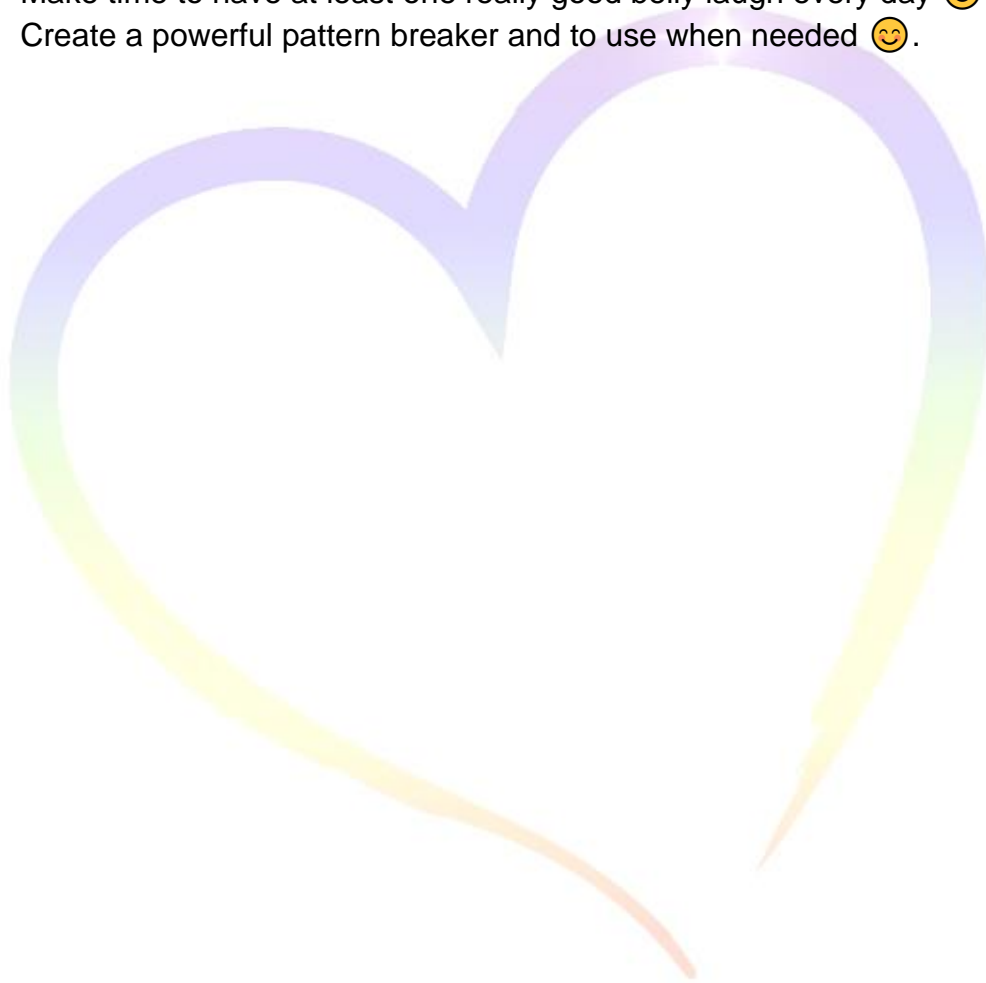


Final word

This habit is similar to habit 11 in that it is naturally very pleasurable, and you should want to do it, not just for the health benefits but you get to feel really good as a consequence, there's no downside 😊!

Recommended habit action steps

- ✓ Turn off the daily negative brainwashing programmes (aka 'the news' 😊).
- ✓ Using the practical suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that make you laugh and feel great 😊!
- ✓ Make time to have at least one really good belly laugh every day 😊.
- ✓ Create a powerful pattern breaker and to use when needed 😊.



Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

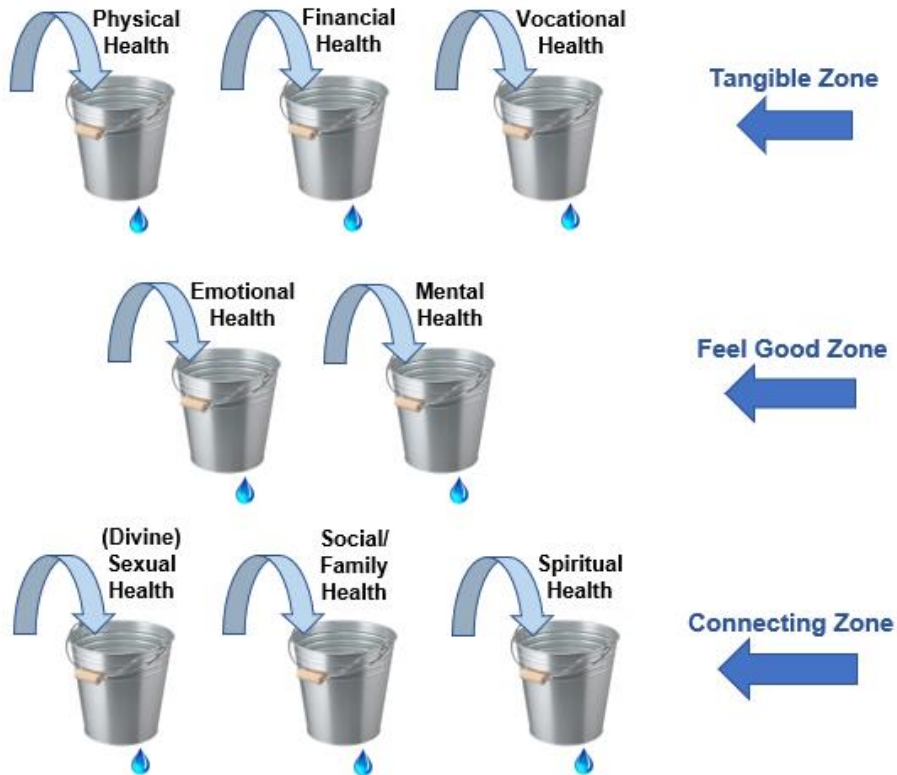
11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

