



Living Laughter in Everyday Life



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My Favorite Quote



- Know Laughter
- Do Laughter
- Be Laughter

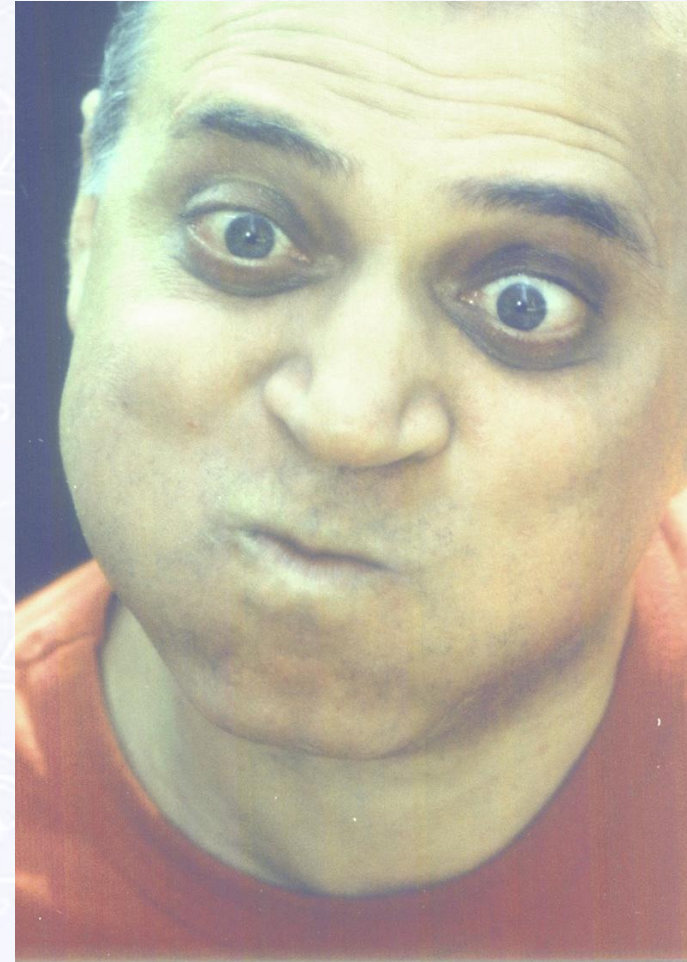


Know Laughter



How much is awareness about Laughter

- More comedy programs and shows on TV
- Fun stuff on what's app
- More scientific studies on benefits of Laughter
- We need more public awareness Programs



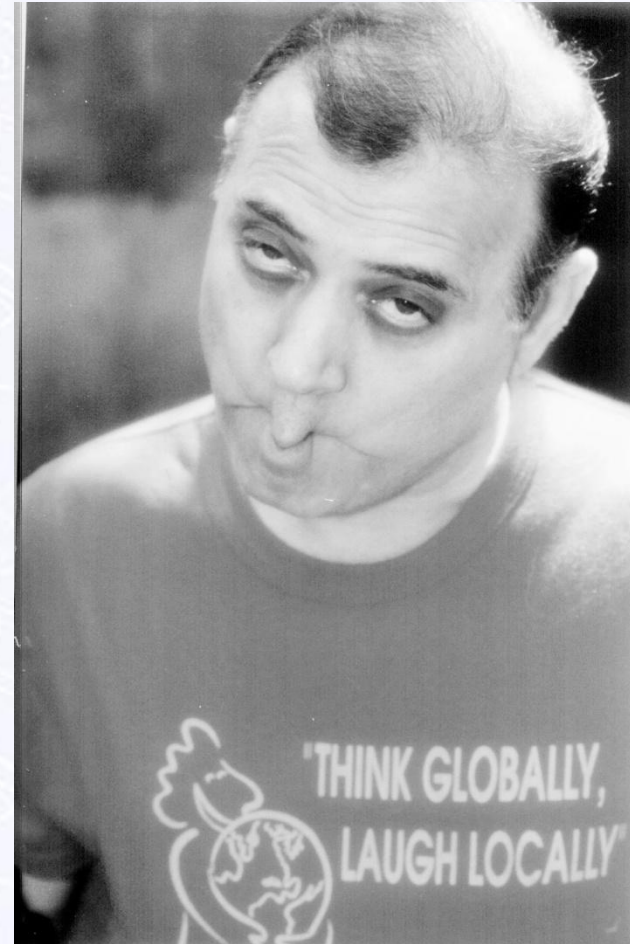
Do Laughter



We can't leave Laughter to a **chance** we need to make a commitment

Laughter Yoga is the BEST solution to deliver the benefits of Laughter

- Need more committed **Daily Laughter Practice**
- Need more Laughter clubs
- More **Active** leaders and Teachers

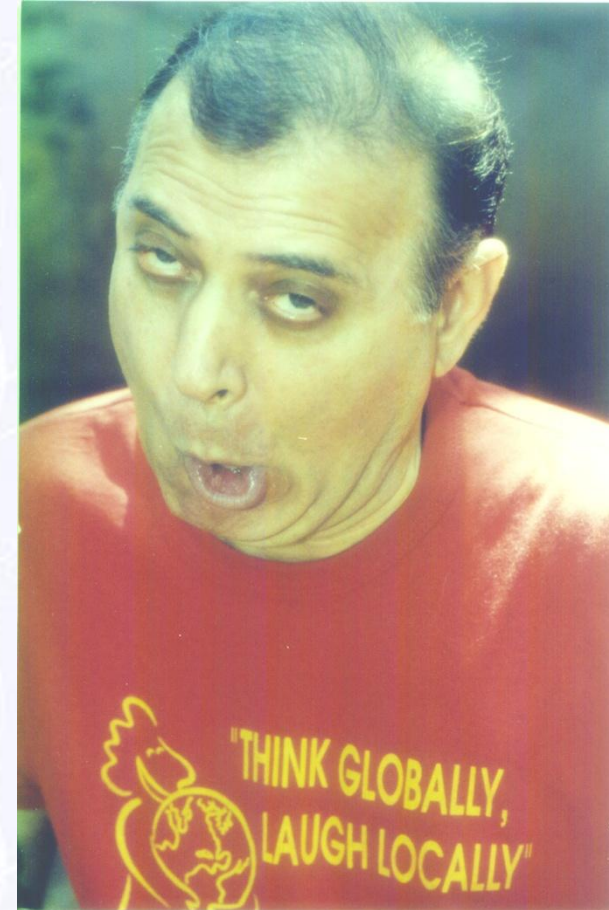


Be Laughter



Being Laughter is the ultimate stage (Samadhi) of Laughter Yoga

- How do laugh when there is nothing to laugh about
- How to take laughter along with you where ever you go
- How to laugh No Matter What (NMW)
- How to laugh despite all the problems

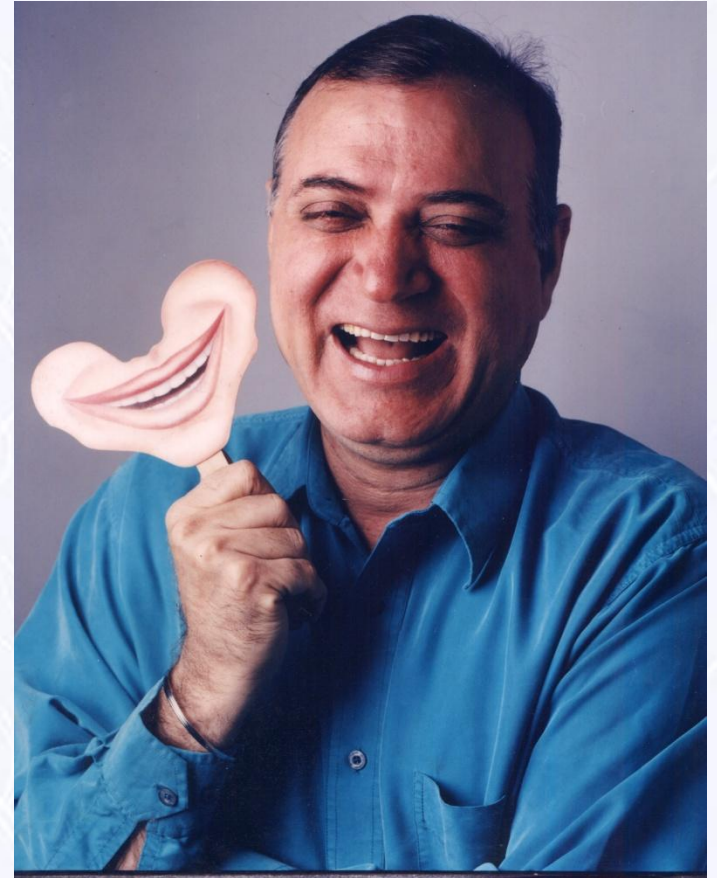


Laughter and Happiness



How many of you think there is link between Laughter and Happiness?

- Do Happy people Laugh more?
- How many people are happy today?
- What is happiness?
- Difference between **HAPPINESS** and **JOY**



Cultivate 4 Elements of Joy



- Sing
- Dance
- Play
- Laugh



My Daily Laughter Practice



How much Laughter
Guru must be
Laughing Everyday?

Any Guess?



My Daily Laughter Practice



My Favorite Laughing alone exercises

1. One Meter Laughter with Breathing
2. Gentle Laughter
3. Silent Laughter
4. Laughter & Silence



Daily Laughter Practice



Laughing in the shower



Daily Laughter Practice



Dima from Russia laughs every hour for one minute



Daily Laughter Practice



Skype laughter Getting Popular



Cultivating Playfulness



Physical Playfulness - Playful Mental attitude



Cultivating Playfulness



Playing with Silliness



Cultivating Playfulness



Playing with Children





Our Darling Dog Happy



Being with Positive People



Find Positive Friends and spend more time with them - Build Laughter Yoga Community



Singing Dancing in Laughter Yoga



More Laughter based
singing Dancing and
Laughing

- India Model
- Taiwan Model
- Japan Model



Bollywood Laughter Yoga Dance



BIG BREAKTHROUGH!!!!

Ultimate Aerobic Exercise for all ages which incorporates all the FOUR elements of joy
Singing Dancing Playing and Laughing

- Physical wellness
- Mental Wellbeing
- Emotional Balance
- Ideally suited for younger people and Fitness



Dealing with Negative People



Why People are
Negative?

Because they are missing
something in their life.

What is that they are
missing ?



Dealing with Negative People



They are missing

1. Love and loving care
2. Appreciation
3. Significance



Dealing with Negative People



How can we love negative people?

Spiritual Law of Oneness

Laughter Exercise :
I belong to Everyone;
Everyone belongs to me





Don't Remove The Darkness – Light a Lamp



Dealing with Negative People



Bringing Transformation



Understanding Mind



How mind works



What you Say Is the Way



- Indian Movie 3 Idiots
- Self Talk
- Identify your Emotional mind and Intellect
- Your true Identity – your Ego mind and True Mind
- Your Actor Self and Spectator



Reprogramming your Mind



- Tan Tanna Tan tan tan
- Works in happy Times
- Works in Difficult times



Staying Calm in Difficult Times



- Slower Longer Deeper Breathing
(SLD Breathing)
- AEIOU Vowel Sound Meditation
- Calcutta laughter to release Anger
- Don't sit idle Keep Moving



Laughter Break



Breathing Based Laughter Exercises

1. Childlike laughter
2. Three parts of the lung breathing
3. Super brain laughter
4. Singing and Laughing
5. Three in Breaths and Chopping laughter
6. Hundredth birthday candle laughter
7. Balloon Laughter
8. Accordion Laughter
9. Fishing laughter
10. Smelling a flower and laugh



Laughter Break



More Breathing Based Laughter Exercises

1. Take a deep breath, tense your muscles release with laughter
2. inhale up and grounding laughter.
pick up from the ground, cross your arms laugh in the sky.
3. Vital Capacity laughter
4. Breathing and laughing with taichi
5. Breathe in say ha breath in say ha ha ha ha ha
6. Zip up inhale and open the zip of your jacket
aeeee aeaaa ha ha ha ha



Inner Laughter Through Spirituality



Understanding Spirituality



Understanding Spirituality



- What do you want ?
- Simple Spirituality or
- Complicated Spirituality





Restaurant No 72

Art of Giving





Restaurant No 72

Art of Giving





Restaurant No 72

Art of Giving





Restaurant No 72

Art of Giving





The Simplest Spirituality - Surrender into the Universe





Simple Spirituality Unconditional Giving

When someone gives you something spontaneously, without expecting anything in return, this leaves a powerful impression.

Giving, Empathy, caring sharing - gateways to a high EQ.

Why People Worship trees in India- Giving is a great spiritual value





Be Flexible like River



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Art of Letting Go





Do you have Problems in Life?





Any Shit in your Life – is a Step Forward to Greatness





So What?? Mantra from Yamma Gucchi

You have many
problems in life
Learn from
Yamma Gucchi



Understanding Spiritual Laws



What is Spirituality - Understand Spiritual Laws

Law of Oneness



We are all connected



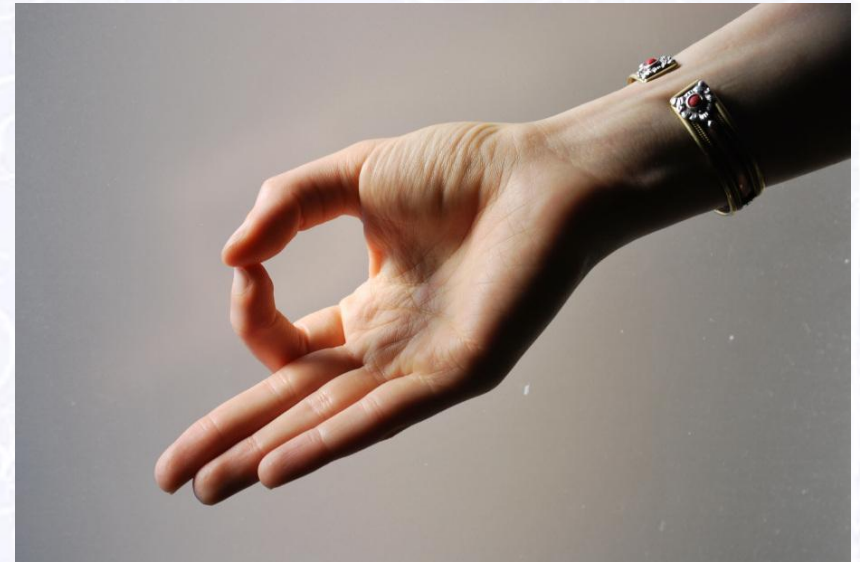
Connecting with Higher



Either you become a Lion or sit by the side of Lion



Connecting with Higher



Spiritual Law of Impermanence



Life is a Change Everything is Changing Nothing is Permanent



One Door Closes Another Door Opens



Spiritual Law of Imperfection



Spiritual Law of Imperfection



Learning by Doing



Spiritual Law of Imperfection



100 Meter Wisdom



Spiritual Law of Imperfection



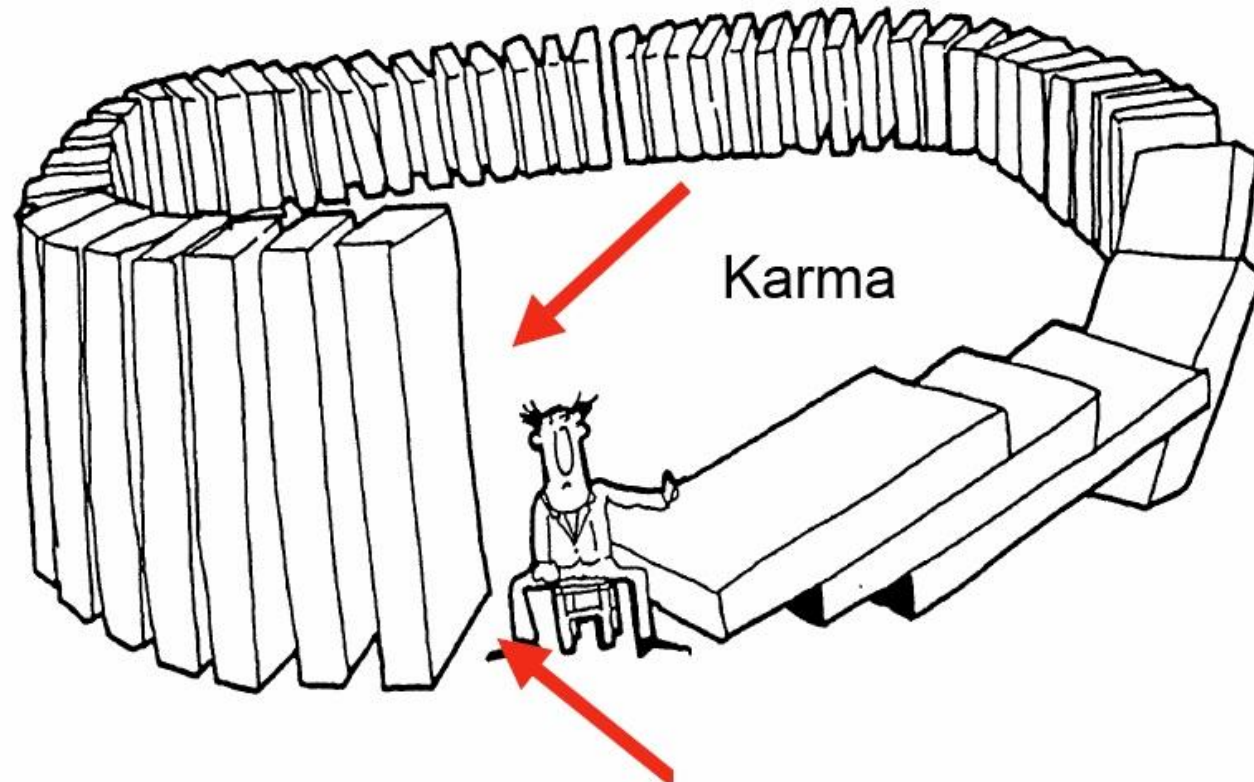
Learning from Mistakes



Spiritual Law of Karma



What to give will come Back ha ha



Spiritual Law of Karma



Do your work and shut up



Spiritual Law of Karma



We have 100% control over what we do
when something happens



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Law of opposites



Develop Spiritual Tools



- Tolerance and Patience
- Physical hardiness leads to mental hardiness
- Mind Control : Cold Shower
- Fasting
- Emotional Aikido



Discover Newness in Life



- Find Old attachments Dreams, Goals Things Person Money social status
- Madhuri's New home
- Old Conditionings
- Superstations
- Go Beyond Comfort Zones
- Newness comes from Creativity and Play
LY Gibberish



Discover Newness in Life...



- Creating Newness – All great things start small, do it in small bits and do it regularly ,
Take bay steps Micro changes
- Newness Daily Life – Ask yourself Did I do anything new today
- Newness is about taking small risks,
ordering new dishes, try different toothpastes,



Creative Visualization



- Play Past Happy memories on your mental screen
- See pictures in Mind and feel in the body
- Develop habit of thinking in Pictures



Newspapers TV News



- Newspapers, News on TV, Internet, Television
- Do not read News FIRST thing in the Morning
- Read them after 4 pm





<http://www.laughteryoga.org>

