

Dr Kataria School Of

# Laughter Yoga

live life laughing!

## **Message from Dr. Madan Kataria, Founder of the International Laughter Club movement**

Dear Laughter lovers,

Today is World Laughter Day and a very auspicious day for the whole planet. Our mission is to achieve World Peace through laughter. Tens of thousands of people are gathering around the world to show solidarity and commitment towards this goal. The method we are using is very simple and still very profound: we laugh for no reason, which is the purest form of laughter and an expression of unconditional love.

Laughter is a universal language that has the potential to unite the entire humanity. The way laughter clubs are spreading across the world leaves me with no doubt that laughter is a common link between all nations. Laughter Clubs are non-political, non-religious, non-racial and non competitive.

If we consider the entire world as an extended family and develop the network of laughter clubs, it will build up the global consciousness of brotherhood and friendship.

The reason why we are not laughing enough today is because we have not understood the real meaning of laughter. Laughter is not only amusement, entertainment or fun. It is an expression of inner happiness which can come only when we understand the deeper meaning of life.

The real meaning and purpose of life is that every human being has a unique talent to contribute and GIVE to this world, and not focus more on what we can TAKE or achieve. Another reason why we are not laughing more is that we have learned to laugh only when there is success and achievement. We have not learned to laugh and celebrate our mistakes, failures and difficulties from which we can learn a lot.

Laughter is a positive energy that brings good health, happiness and well being, while the inner spirit of laughter will help us understand the deeper meaning of life. By understanding the ways and means of sensible living through laughter clubs we can bring peace within us and inner peace will bring peace in the outer world.

On this auspicious day I appeal to you all to spread out your arms and laugh for no reason for at least 1 minute, sending out vibrations of peace, love and freedom into the universe for international brotherhood, friendship and world peace

Global Movement For Health, Happiness & World Peace