

**Dr. Madan Kataria's Message for World Laughter Day
May 4th 2008**

Dear Laughter friends,

Today is World Laughter Day and a very auspicious day for the whole planet. Our mission is to bring good Health, Joy and World Peace through laughter. Thousands of people are gathering around the world to show solidarity and commitment towards this goal.

We are more prosperous today than 50 years ago. We are also 10 times more stressed, sad, lonely and depressed. Depression is the number one sickness, while stress continues to be a major cause of 70 to 80% of all illness. There is a sharp rise in the incidence of cancer and heart diseases. According to medical research, the root cause of most of our sickness is lack of oxygen in our body cells.

Laughter Yoga is an effective routine that brings complete physical, mental, social and spiritual wellbeing by instantly reducing stress, bringing more oxygen, strengthening the immune system, fighting depression and creating a network of caring and sharing society.

Joyfulness

The quality of life is greatly influenced by your mood states at a given time. You are not at your best when not in a good mood even though you may be brilliant. Laughter Yoga has the power to change the mood state and attitude from negative to positive within minutes. Once the mood is good from within, the whole perspective towards situations and people changes and the world seems fantastic and worthwhile.

Laughter Yoga is not about happiness. It is about joy. While happiness is complex mental decision and depends upon many life conditions, joy is a physical phenomenon that can be created at will even if you are not feeling good.

It is easy to become joyful through laughter exercises and develop our childlike playfulness. Joyfulness through laughter is the fastest way to create a positive state of mind. Joy teaches us to enjoy what we have today and every day. It gives life a new purpose and meaning. It makes the world seem a better place.

World Peace Through Laughter

Laughter is a universal language that brings together people from all over the world. The way laughter clubs are spreading leaves me with no doubt that laughter is a common link between all nations. Practicing Yogic laughter and the ways and means of sensible living brings peace within us as well as in the outside world. Laughter clubs help to develop a social network and create a global consciousness of brotherhood and friendship. Laughter is a positive energy. It creates a positive mental attitude and brings openness, generosity and willingness to help others. It shows us that people need to be loved and cherished - One needs to make peace not war.

On this auspicious day, I appeal to all to spread out your arms and laugh unconditionally for a minute sending vibrations of peace, love and freedom into the Universe.

Do not harbor feelings of hatred and dislike; cultivate positive thoughts of love and harmony. It is not possible to remove negativity, violence and terrorism through war. War brings more war. In accordance with the principles of ancient wisdom, you can never remove darkness from this world. Darkness does not have identity. A small spark of light in a dark room makes darkness disappear, while a small patch of darkness cannot affect the light in a room....

So spread the light of laughter and help dissipate the darkness both within one's soul and outside in the world.

Laugh and Laughter - Ho Ho Ha Ha Ha

Dr. Madan Kataria

The Founder of Laughter Yoga Clubs Movement