

## **World Laughter Day Message from Dr Madan Kataria**

My dear friends of laughter yoga, today is **WORLD LAUGHTER DAY**. It gives me great pleasure that tens of thousands of people are celebrating this day in more than 55 countries around the world.

Laughter yoga can bring **BETTER HEALTH, JOY** and **WORLD PEACE** to our world.

Why do I talk about **BETTER HEALTH**? 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. Stress continues to be major killer causing 70 to 80% of all illness. Cancer is increasing. Medical research tells us that the root cause of these illnesses is a lack of oxygen in our body cells. Because of stress we no longer breathe properly. Laughter yoga is a fun and easy exercise that increases the net supply of oxygen to our body and brain and teaches us to breathe properly. Laughter yoga has helped tens of thousands of people to reduce stress levels, to bounce back from depression and to recover their health and wellbeing.

**WHAT ABOUT JOY?** Laughter yoga is not about happiness. It is about joy. Happiness is fleeting, but joy can light our lives like a flame giving us strength and purpose. It is easy to become joyful through laughter exercises and developing our childlike playfulness. Happiness is a complex mental decision. Joyfulness through laughter is the fastest way to create a positive state of mind. With a positive state of mind our world quickly becomes a great place to be. Joy teaches us to enjoy what we have today and every day. It gives our life a positive new purpose and meaning.

**WHY DO I SPEAK OF WORLD PEACE?** If we are healthy and joyful then our life focus changes. We lose our dis-satisfaction and hostility. We realize that richness of life comes from serving others with unconditional love, appreciation, kindness and forgiveness. Laughter is a positive energy. It creates a positive mental attitude and brings openness and generosity, a willingness to help others. It shows us that all people are brothers and sisters to be loved and cherished. If you love people you don't declare war against them, you work for peace. The growing movement of laughter clubs in more than 55 countries is one big happy family dedicated to the creation of world peace.

On this auspicious day, I have a message for all the laughter lovers in our world.

Do not dislike or hate other people. Love them unconditionally. We cannot remove negativity, violence and terrorism through war. War brings more war. Ancient wisdom says that you can never remove darkness. Darkness does not have identity. A small spark of light in a dark room makes darkness disappear. But a small darkness cannot affect the light in a room.

Let us be the light in the darkness. Let us love our enemies unconditionally and we will have peace within ourselves and bring peace to the world.

I have a vision of seeing one million laughter clubs in the next 10 years. I have a vision that the opening ceremony for the Beijing Olympics will start with one minute of laughter among the world's athletes, among the spectators in Beijing and the millions watching live telecast --- let all those millions laugh together for just one minute and we will be closer to bringing health, joy and peace to our world.

Please join me right now in one minute of laughter. I love you all.

Dear Laughter Lovers,

“A man isn’t poor if he can still laugh” – Raymond Hitchcock

Wish you a very very Happy and Joyous World Laughter Day!

In a world of six billion people, it is easy to believe that the only way to initiate profound transformation is to take extreme action. Each of us, however, carries within us the capacity to change the world in small ways for better or worse. Everything we do and think affects the people in our lives, and their reactions in turn affect others. As the effect of a seemingly insignificant word passes from person to person, its impact grows and can become a source of great joy, inspiration, anxiety, or pain. Your thoughts and actions are like stones dropped into still waters, causing ripples to spread and expand as they move outward. The impact you have on the world is greater than you could ever imagine, and the choices you make can have far-reaching consequences. You can use the ripple effect to make a positive difference and spread waves of happiness that will wash over the world.

Should the opportunity arise, the recipient of a good deed will likely feel compelled to do a good deed for someone else. Someone feeling the effects of negative energy will be more likely to pass on that negative energy. One act of charity, one thoughtful deed, or even one positive thought like making other laugh, can pass from individual to individual snowballing until it becomes a group movement or the ray of hope that saves someone’s life. Every transformation, just like every ripple, has a point of origin. You must believe in your ability to be that point of origin if you want to use the ripples you create to spread happiness and laughter. Consider the effect of your thoughts and actions and try to act graciously as much as possible.

A smile directed at a stranger, a compliment given to a friend, an attitude of laughter, or a thoughtful gesture can send ripples that spread among your loved ones and associates, out into your community, and finally throughout the world. You have the power to touch the lives of everyone you come into contact with and everyone those people come into contact with. The momentum of your influence will grow as your ripples moves onward and outward. One of those ripples could become a tidal wave of love and laughter.

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