



# Laugh Your Way to Enlightenment!: The Art of Spiritual Laughter

*Jessica Lloyd PhD*

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## **Laugh Your Way to Enlightenment!: The Art of Spiritual Laughter** Jessica Lloyd PhD

Children come into this world armed with joy and laughter. Joy is our natural state. In joy there is innocence. In joy there is connection. In joy there is love. And yes, deep in the heart of joy, we find our true selves. Yet, many adults lose their ability to laugh and their capacity for joy... perhaps we've simply forgotten how to laugh. Maybe we're too stressed, too tired, or have too many deadlines to meet. Often the desire for spontaneous chuckles has been socialized away. Yet wherever your laughter went, you can get it back! Make fun your spiritual practice and laugh your way to enlightenment! Reclaim your capacity for laughter. Discover the amazing healing power of laughter and the laughter yoga movement, learn the difference between happiness and joy and lighten your soul.

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