

Smiling, laughing and having fun can have a positive effect on your well-being. When we smile, laugh and have fun, some psychological changes occur in our bodies, mostly without us being consciously aware of them. Scientists and spiritual leaders agree that these simple acts can transform us and the world around us.

Here are a few things that can happen when you Smile, Laugh and Have Fun:

Smiling Increases Your Face Value. You are more attractive when you smile. I'm not just trying to butter you up. When you smile, you are viewed as attractive, reliable, relaxed and sincere. Smiling also makes your immune system stronger by making your body produce white blood cells to help fight illness.

Smiling Positively Affects Those Around You. You have heard that smiling is contagious.

Laughter is Good Medicine. Laughter releases bottled up emotions. Laughter is one of the body's natural pain relievers. Laughter increases endorphins and reduces the stress hormone cortisol. Cortisol is active when we feel stressed or anxious and contributes to the unpleasant feelings we experience, and by lowering it we can reduce these negative feelings.

Laughter Brings People Together. Laughing with others increases the likelihood of social bonds that are the precursor of stronger, healthier social relationships.

Having Fun Must be Taken Seriously. Research shows that adults who play and have fun have superior social, cognitive and motor skills.

Fun is Good, but Play? Play is the Thing. Having fun is a voluntary spiritual experience. When we are having fun, we are totally present and in the moment. We are experiencing the presence of God. When we play together, it can be a spiritually shared practice. You know that this is happening when you are having fun, and someone is having fun with you.

Play Benefits the Mind, Body, and Spirit. Play is a feast for the brain, a smorgasbord for the senses, providing nourishment for body and spirit.

Peter Gray, a research professor at Boston College, writes that play *is self-chosen and self-directed, an imaginative, non-literal activity in which means are more valued than ends.*

Let's agree to Smile, Laugh and Have Fun this year as *Ministers of Fun.*

The Ministry of Fun is a global, local network of people who have committed to the credo:

**If it's not FUN, Don't do it!**  
**If you must do it, Make it FUN!**

The Ministry of Fun empowers the knower within to celebrate that Oneness, to rest in the state of heart and mind that says we are all equal souls-in-evolution, and since there are over seven billion of us, there are undoubtedly seven billion plus correct ways of evolving...

**LIVE! LOVE! GROW! HAVE FUN!**

And always honor the One in each one! Blessings and Aloha, *Lili Townsend, Minister of Fun*

Affirmation: *I have a one-to-one connection to the One! In fact, I am the One having fun!*