



We have
to laugh.
Because
laughter,
we already
know, is
the first
evidence
of
freedom.

Rosario Castellanos
(1925 - 1974)
Poet

Laughter is a response. Laughter is what our body does when our mind picks up on humor or the absurd. Laughter can lighten our burden, freeing us from the many weights we carry. It literally can shake us out of a mood we are in.

Laughter is a sign of liberation.

Laughter reflects the freedom to think. When we laugh, our individual perspectives or cultural norms can be better known. We respond to what we will allow our mind to imagine; we laugh in the space we've made to absorb what we hear or see. A constrained mind has less latitude for humor; we laugh more when our thinking is open. Laughter can help us consider new ideas or fresh insights on old ways. Moments of laughter may be some of our most wise.

Laughter reflects the freedom not to think. Laughter can come as a surprise. We sometimes laugh before we have a chance to consciously wonder why and in those times let go of the need to understand. We are fully present in the moment, completely free to feel the jolts of hilarity coursing through us. We relax attempts to look controlled; we let ourselves respond without judgment or explanation. Moments of laughter may be some of our most unguarded.

Laughter reflects our freedom to trust. Laughter can transform a situation from one feeling state to another. It reminds us that most of what we experience is temporary in nature. A fresh perspective, an ironic angle, or a deft insight can bring us to laughter. We can trust that our agile minds and adaptable emotions together can bring us into balance. Moments of laughter may be some of our most hopeful.

In laughter, we express a bounty of freedom.

In what settings do I feel most curious? How can I free myself to be surprised?