



Laughter Clubs Victoria Newsletter

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Laughter Club Federation Square on the 1st Sunday of this month was led by the founder of the laughter club movement, Dr Madan Kataria and his wife Madhuri.

Everyone there really enjoyed sharing a laugh with them and we look forward to when they visit again.



MAKING TIME

Time is the one thing that's the same for all of us. People who join a laughter club realise it's not about managing our time, it's about organising our priorities so that we achieve the most out of our time. Making time to laugh with like-minded people each week adds great benefit to our life on a physical, mental, emotional and spiritual level.

WHY I LAUGH

(by Greg Govinda © 2009)

How often do you ask yourself the question "what am I grateful for?" It helps to also ask that question for specific areas of your life such as your work life. "What am I grateful for about doing the work that I do?" For me, Laughter has brought many changes in my life. At first it challenged me to face some hidden fears; then it almost magically, released many years of grieving that I hadn't been able to shake. Over time it brought many delights as I witnessed others who came into the laughter sessions, let go, have fun and awaken to the deep joy within themselves. Laughter Yoga has the potential to change lives in one session and is especially effective when practiced regularly.

Laughter releases our unconscious clinging to things that no longer serve our health and well-being. It provides an environment where one can let go and open to the wonder of being in a joyful space with others. What could be more inspiring than to share with others at a time when they are happy and playful?

Over time, I experienced a strong self-confidence that I am okay 'just the way I am'. I found a great sense of inner peace that there is

nothing in the world that can take away my essential nature and connection to Spirit.

I still experience the normal challenges to my personal state of being but also find that I am more willing and able to relax and to 'look at' what it is within me that is being challenged, and how I can move on from that. The laughter allows me a powerful tool to negotiate life and to see that life is such a gift. The practice of laughing is ever assisting me to learn and to grow and to appreciate. May life's blessing's become more apparent to you also, and may you enjoy it's gifts ever more deeply and with a sense of the divine peace

Editor's Note: Greg [5348 1414] along with Shanti is the leader for Laughter Club Daylesford.

'Laughter is the brush that sweeps away the cobwebs of the heart.'

FIRST IMPRESSION

I went to Phil's club! (Ed. Note – Surrey Hills) I'm going to keep going! ho ho hahaha!! And I'm going to sign up to do the Leader Training Workshop. woohoo! Much love and laughter! Charlotte Roberts

Ed. Note: Charlotte is now trained and looking forward to being part of Laughter Club Frankston when it starts shortly.

LAUGHTER CLUB NEWS

Myrtleford: * New Listing*****

1:30am Saturday

Location: Jubilee Park, Myrtle Street, Myrtleford (beside the Memorial Hall:

Leader: Kym - 5752 2258

Maldon: Leader Jenny [5479 8622] has advised that they meet on a Saturday at 9:30am but not during school holidays. They have also moved location and now gather at the Rotunda in the Shire Gardens, cnr Fountain and High Streets, Maldon (RACV VicRoads Map 630 C6)

Warrandyte: Leader Karin wrote to us back in May about starting up the club ... I have had two sessions now 8 people the first 6 the second, albeit 4 of them being rent a friend. What are friends for if not to have a good laugh with? All went well. We were outside for the first one and we were loud and infectious. Hard work being a leader rather than a pupil. People said they loved it and I hope to see some familiar faces back again.

Fitzroy North & Northcote: Leader Gilliana's number is 9499 7373. (Thanks to those people who made contact to say there was a typo. Much appreciated.

Hobart: Leader Annette 0410 944 328 gives us the following item ...

First, it was the Phone Laughter clubs and now Skype Laughter Clubs on the Internet. You can just call on Skype and laugh with your 'laughter buddies'.

Now every Sunday at 10 am GMT there will a 10 minute laughter session on Skype. Anyone is welcome to join the club, chat and become a part of the Laughter Yoga family worldwide. To join send e-mail to online.laughterclub@gmail.com

LAUGHTERNOON TEA

Our very popular annual event this year has been moved to a Sunday to make it easier for members of those clubs who meet the day before.

Please make a note in your diary that it will be held on **Sunday 15 November** at 3:00pm in our usual venue behind the floral clock on St Kilda Road opposite the National Art Gallery.

LUNCHEON FOR LCVI LAUGHTER LEADERS

On **Sunday 15 November** prior to the LCVI Laughternoon Tea it has been proposed that the LCVI Laughter Club Leaders and their anchor people meet over lunch beforehand to share their club news & experiences.

Expressions of interest from those who would like to attend are being sought, and should be made known by emailing info@laughterclubsvic.org

LCVi LAUGHTER LEADER TRAINING WORKSHOP

A laughter club in each postcode spreading laughter into the community is the ultimate LCVi vision for Victoria. If you haven't got a club in your area, Sunday 23 August is your opportunity to attend the full day training workshop being held in Altona on **Sunday 23 August from 9:30am to 5:00pm**. It is the first step towards attaining certification to as a Laughter Yoga Leader. Email info@laughterclubsvic.org to get a registration form (which has all the details on it) or contact Bronwyn on 0421 335 197 or Phillipa on 0418 521265 for any queries.

LCVi AGM

As the name Laughter Clubs Victoria Inc suggests, we are an incorporated body, and therefore we need a committee to run our affairs. **Sunday 6 September** is the date of our **Annual General Meeting**. If you would like to contribute to the running of LCVi and have a say in the future direction to be taken to put more laughter into the community, please email info@laughterclubsvic.org or contact anyone of the committee (see contact details on our web site) to organise for a nomination form to be sent to you, for return to the secretary prior to the meeting.

LAUGH OF THE MONTH

Thanks to all the people who sent the following link through for Laugh of the Month, especially Myra Moore who was the first to do so --- http://www.youtube.com/watch?v=jedd2FiZTqM&feature=player_embedded

Phillipa Challis | Editor /Secretary, Laughter Clubs Victoria Inc | 8 Wimmera Ave, Manifold Heights 3218 | 03 5221 4266
E: phillipa@laughterclubsvic.org W: www.laughterclubsvic.org

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